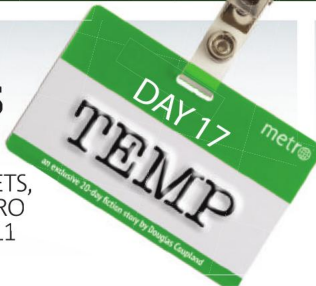




SECRET, SECRET, SHE'S GOT A SECRET

IN WHICH SHANNON GETS, DISHES DIRT; PLUS, METRO WANTS YOUR OFFICE 411

PAGE 11



Shout it to the Hill: Don't use drones

Yemeni human-rights advocate and journalist says U.S. is using 'wholesale bombing to wipe out whole communities'; asks Canada not to use drones

PAGE 4

Obama stands up for Iran agreement

'Tough talk and bluster may be easy to do politically, but it's not the right thing to do for our security,' U.S. president says of nuclear deal

PAGE 8



Ottawa braces for first storm of season



City of Ottawa snow-plow drivers get ready for winter with a practice run in this file photo. TIM WIECLAWSKI/METRO

Winter is here! 25 centimetres expected to arrive shortly



TREVOR GREENWAY
trevor.greenway@metronews.ca

Ottawa is bracing for its first major winter storm after Environment Canada issued a storm watch for the city that could see as much as 25 centimetres of snow fly between tonight and Wednesday.

Environment Canada meteorologist Marie-Eve Giguere told Metro on Monday that a low-pressure system is forming over the Gulf of Mexico and it could hit Ottawa by tonight.

"With this type of storm, there is usually significant amounts of precipitation because the storm is full of moisture," she said.

"It feeds off the warm waters on the Gulf of Mexico and then it comes directly to us. So there will be a lot of snow and a lot of rain associated with that low."

She warned the storm could make the morning commute on Wednesday "tricky."

Kevin Wylie, manager of traffic management and oper-

By the stats

A snapshot of what Ottawans have to look forward to every year come winter:

- An average of 236 cm of snow
- An average of 67 hours of freezing rain
- A temperature range of between 10 C and -35 C

ational support for the city, said his crews are ready to deal with whatever blows into Ottawa tonight.

He said 600 trucks, graters and sidewalk machines are on standby in anticipation of the storm, and many will be patrolling roads before the snow even flies.

"We'll have our night staff out all night just making sure that things are ready to go and depending on when the snow hits, we may call in additional forces at that point, so we will have every piece of equipment on the road, come two or three in the morning," said Wylie following a winter-operations info session at city hall on Monday.

← 2.08 cubic metres of →
SPACE
SPACE SPACE
SPACE SPACE SPACE SPACE



2013 RAV4
AWD Limited

RAV4's class-leading cargo space* lets you take whatever you need, wherever you need it.

RAV4 Starting from \$23,790†



toyota.ca

IS NITRIC OXIDE (N-O) THE MIRACLE MOLECULE?

12 QUESTIONS WITH DR. BRYAN ON NITRIC OXIDE (N-O)

What is Nitric Oxide (N-O)?

Dr. Bryan: Nitric oxide may be one of the most important molecules produced in the human body. It is a gas that is produced by the lining of the blood vessels that regulates blood pressure and keeps arteries healthy and blood flowing freely. It is the master regulator of the cardiovascular system. Its discovery in the 1980s led to a Nobel Prize in Medicine in 1998. In fact, the President of the American Heart Association was quoted as saying the "discovery of nitric oxide and its function may be one of the most important discoveries in the history of cardiovascular medicine".

What affect does N-O have on the body?

Dr. Bryan: It helps the body maintain healthy blood pressure. It is the molecule that helps our immune system stay strong. It also serves as a neurotransmitter in the central nervous system. It is involved in virtually every biological function within the body.

How can we increase or improve our N-O levels

Dr. Bryan: Proper diet and moderate physical exercise are the two simplest approaches to improve N-O levels. As we age we lose our ability to generate N-O. In fact there is about 10-12% loss of N-O per decade beginning in our 20's. Foods such as green leafy vegetables provide the body with precursors of N-O. Exercise has been proven to stimulate N-O production. There are a number of dietary supplements on the market that proclaim to stimulate N-O but many of these products do not work and in some cases may cause harm.

What is Neo 40® daily?

Dr. Bryan: Neo40 is a patented formulation that was developed based on my research and discoveries at the University of Texas School of Medicine in Houston. It is an orally disintegrating tablet that is all-natural, plant based product that generates N-O. Neo40 has been clinically shown to be safe and effective at restoring N-O production in clinical trials.

What is the difference between Neo40 and the competitor products or Arginine based products?

Dr. Bryan: Neo40 is the only product on the market in the world that provides the body with an authentic source of N-O. This N-O is rapidly absorbed and reaches peak blood levels after 20 minutes. Most if not all other competitive products use or contain L-arginine. L-arginine is a substrate or precursor to N-O but the underlying problem in people who have endothelial dysfunction or who are N-O deficient is that they cannot convert L-arginine to N-O. The enzyme that performs this reaction is dysfunctional. So simply giving more L-arginine does not fix the problem. You would not put gas in a gas tank of a car with a blown up engine so why would one expect to give more L-arginine to fix the problem? This is a major misconception in the marketplace.

When is the best time to take Neo40?

Dr. Bryan: We recommend taking Neo40 first thing in the morning. If you need two per day for specific indications, then we recommend taking one in the morning and then another 12 hours later. Do not exceed 2 tablet per day.

Who should take Neo40?

Dr. Bryan: Anyone over the age of 40 should be taking Neo40. The medical literature indicates that by the age of 40 we have only about half of the N-O production we had when we were 20 and this loss of N-O function is what sets the stage for cardiovascular issues. Also people who struggle to manage their blood pressure can benefit from Neo40. A lack of sexual enjoyment in both men and women could also be a sign of insufficient N-O and many people report improvement in this area as well with Neo40.

Can a person take Neo40 who has high blood pressure? (we get asked this a lot)

Dr. Bryan: Absolutely and they should. We have completed 3 clinical trials and all 3 have shown that taking Neo40 can help the body maintain healthy blood pressure levels.



ViewPoint
by Nathan S. Bryan,
Ph.D.

Dr. Nathan Bryan is a professor of molecular medicine at the University of Texas Health Science Center at Houston. He is a leading expert on nitric oxide biochemistry and physiology and has published over 60 papers, and written 4 books on the subject. He is also an inventor on 3 issued US patents on 5 pending worldwide. Dr. Bryan is co-founder and Chief Science Officer of Neogenis® Labs, Inc.

Does Neo40 interact with other medications?

Dr. Bryan: Neo40 is a dietary supplement that has no known side effects and has been shown to be safe and effective at generating N-O. We have not found any medications that interact with N-O or any conditions where there would be a contra-indication. Most prescription medications will actually reduce N-O production in the body so taking Neo40 can help restore what the drugs may abolish. People taking proton pump inhibitors or acid blockers for acid reflux should absolutely take Neo40. Recently published data show that these drugs inhibit N-O production. These are the third highest-selling class of drugs in the United States, after antipsychotics and statins, with more than 100 million prescriptions and \$13.9 billion in sales in 2010, in addition to over-the-counter sales. As it turns out, these folks need a supplemental source of N-O if taking these drugs.

Are there any negative side effects to taking Neo40?

Dr. Bryan: There are no known side effects and we are registered with the US FDA and Health Canada as a dietary supplement. We do hear of the occasional discomfort on the tongue but find that if you drink plenty of water before and after the lozenge this will remedy.

Is there any clinical research on Neo40? Does it work? What about test strips?

Dr. Bryan: Yes, we at Neogenis Labs are dedicated to research and substantiation. We have completed 2 clinical trials that are published and have just completed 4 more that are being submitted for publication. We also have 3 more that are underway. We have 3 issued patents and 5 more pending worldwide. We also have developed the first and only salivary nitric oxide indicator strips allowing you to monitor your total body N-O availability.

Any closing remarks you would like to make Dr. Bryan?

Dr. Bryan: I think it is important for people to become aware of N-O, educate themselves on lifestyle modification to prevent the age related decline in N-O and include a product like Neo40 as a daily regimen to support N-O production. Our commitment and dedication as a company is to provide the marketplace with the best products and innovation to promote and restore N-O in the human body. Our mission is to change the world, one life at a time.

NEO40® daily
Clinically Proven to help your body:



- Reduce triglyceride levels
(27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
- Improved artery health

Distributed by Hedley Enterprises Ltd www.hedleys.ca
Call 1-888-292-5660 to find a store near you

Leading nitric oxide research. Changing lives.

Arrests

Teens nabbed in toy-gun robbery

Two Ottawa teens who allegedly robbed a skateboarder with a toy gun in Orleans last week have been arrested after the skateboarder and a passerby gave chase and apprehended one of the robbers.

Ottawa police arrested 18-year-old Noel Perez and 19-year-old Nathan Pitt in what they are calling a swarming attack Nov. 21. The teens face charges of robbery, possession of a weapon, use of an imitation firearm, conspiracy to commit an indictable offence and assault with a weapon.

The Nov. 21 incident happened on a pathway near Valin Street when the two teens, one armed with a toy gun, grabbed the skateboarder and demanded his phone, cops say. The two then fled the scene, but the victim and a passerby gave chase and apprehended one of the assailants. The second teenager then ran back and pointed the gun at the victims. The two fled again, but one robber couldn't get away, according to police.

"The same passerby assisted in going after him a second time as well and then he ran into his car and the two of them put the grab on him and held him until the police got there," said robbery unit Sgt. Michael Haarbosch. The second suspect later turned himself in at the scene.

Chasing suspects is "not something that we promote," said Haarbosch.

Perez and Pitt are scheduled to appear in court Dec. 12.

TREVOR GREENWAY/METRO



Megan Paterson speaks at Ottawa police headquarters Monday to help launch the Shine the Light campaign to end violence against women. JOE LOFARO/METRO

Campaign puts spotlight on violence against women

Startling number. Ottawa police responded to 4,382 reports of domestic violence last year

City hall and businesses along Elgin Street will decorate with purple posters and lighting from November 25 to Dec. 6 as part of a campaign to recognize the problem of sexual and physical violence directed at women.

"Although there is more visibility today and we're more able to openly talk about it, many women still never tell anybody," said Sunny Marriner, executive director of the Ottawa Rape Crisis Centre

Monday as she and other officials launched the second annual Shine the Light Campaign.

"Many women coming forward to talk about sexual violence still have very negative experiences," said Marriner.

Megan Paterson, a survivor of a violent rape in Ottawa 10 years ago, was able to talk about the sexual violence she endured at the hands of an ex-boyfriend. She was held hostage for four hours at gunpoint in her apartment overnight in June 2003 before she was shot four times.

According to media reports at the time, tactical officers stormed her home and found her wounded and the gunman dead from a self-inflicted gunshot.

Awareness

- Held from Nov. 25 to Dec. 6, the Shine the Light Campaign is an initiative by the Ottawa Coalition to End Violence Against Women (OCTE-VAW) to raise awareness about all forms of gendered violence. Men are encouraged to wear a purple ribbon to show their intolerance toward violence against women and girls.

"It changed my life forever," said Paterson. She's had two brain surgeries and suffers from hearing damage. Short silences interspersed her

speech, but she was otherwise composed while sharing her trauma with a group of about 50 people.

She said she is more vigilant now and is haunted by nightmares.

"We need to be open about what is happening in our community in order to prevent it, educate, and hopefully one day end it," said Paterson.

Ottawa police said in a news release they responded to 4,382 reports of domestic violence last year and that violence against women is one of Police Chief Charles Bordeleau's top priorities. The Ottawa campaign ends on Dec. 6, which is Canada's National Day of Remembrance and Action on Violence Against Women. JOE LOFARO/METRO

11 NEWS



ACCOUNTING AND PAYROLL ADMINISTRATOR

BY MAKING THE DECISION TO CALL ALGONQUIN CAREERS ACADEMY, YOU ARE SAYING GOODBYE TO "JOB HUNTING" AND HELLO TO AN EXCITING NEW CAREER OPPORTUNITY.

Program Objective

The objective of this program is to train you in the practices of financial accounting and payroll in Canada. This program focuses on three key elements that ensure you gain an understanding of the theoretical principles of accounting and payroll, the practical "hands on" skill required to do the job and the communication skills needed to work within an office environment.

ALGONQUIN CAREERS ACADEMY

CONTACT US TODAY

1830 BANK STREET • 613-722-7811 • WWW.ALGONQUINACADEMY.COM

Activist pleads with Canada not to follow U.S. on drones

'It's raging people.'

Yemeni advocate tells harrowing tale of devastation, counter-productivity of America's Mideast warfare policy

DENIS
ARMSTRONG
ottawa@metronews.ca

Yemeni human-rights advocate and journalist Farea al-Muslimi pleaded on Parliament Hill and at the University of Ottawa Monday that Canada not follow the Americans in equipping its military with armed drones.

In an emotional plea, al-Muslimi told reporters of a March 2013 drone strike on his home village Wessab, which he said killed five of his relatives. Instead of bringing peace to the region, al-Muslimi said that American drones continue to terrorize civilians and turn public opinion against the U.S.

"In al-Majalah in Abyan,

46 people were killed in a U.S. cruise-missile strike, and four of these were pregnant women," al-Muslimi said. "Some of the bodies of these innocent people were actually buried in the same grave with their animals; they were so decimated it was impossible to separate their bodies. It's raging people, making a lot of people angry, and it's becoming America's main and only face in Yemen, unfortunately.

"Rather than using strategic investigations to arrest terrorists, the military is using wholesale bombing to wipe out whole communities for the sake of one person. If the objective is to reduce terrorism in the region, drone policy is having the opposite effect. It is creating a lot of anger against America. Canada should not follow the same policy."

The son of a farmer, al-Muslimi, 23, went to school in the U.S. He is a leading youth and human-rights activists speaking out against drone warfare in the Middle East.



Yemeni human-rights advocate and journalist Farea al-Muslimi speaks in the Charles Lynch room in the Centre Bloc on Parliament Hill. DENIS ARMSTRONG/FOR METRO

SkyHawks kick coach Keathley to the curb



Ottawa SkyHawks head coach Kevin Keathley, who was fired Monday by the team, reacts to a call during a recent game at the Canadian Tire Centre. Keathley has been replaced by Jaren Jackson. MIKE CARROCCETTO/METRO

Ottawa SkyHawks owner Gus Takkale terminated head coach Kevin Keathley's contract after only seven games into their inaugural season Monday. Replacing Keathley is NBA veteran Jaren Jackson, whose first game behind the bench is Wednesday against the Moncton Miracles at the Canadian Tire Centre.

The SkyHawks were tied with the Windsor Express for fourth in the NBL standings with four wins and three losses when Takkale pulled the trigger on firing Keathley.

"This isn't about wins and losses," said Takkale. "Under

Go get 'em, champ

"He's a champion. We need more structure to be successful. He'll put the fundamentals in for us to move forward."

Ottawa SkyHawks owner Gus Takkale on newly hired head coach Jaren Jackson

Kevin, we needed to be more prepared. There were games we should have blown the other team out, but we didn't because our defence wasn't there,

and you need strong defence if you're going to win championships.

"We're a fast-paced, young team with a run-and-gun style. I don't want teams to have their way with us."

With Jackson, Takkale says, he's found a coach suited to get the most out of a young team.

"He's a champion. We need more structure to be successful. He'll put the fundamentals in for us to move forward. We feel that a new coaching philosophy is needed to drive this franchise forward for the long term."

DENIS ARMSTRONG/FOR METRO

The Jackson files

- A veteran on nine seasons in the NBA, Jackson won an NBA championship with the San Antonio Spurs in 1999 with coach and future Hall of Famer Gregg Popovich.
- After retiring from playing, Jackson coached in the minors, eventually heading of the NBA Development League's Fort Wayne Mad Ants.

Fraud

Woman must repay over \$100K of welfare money

A 38-year-old woman who received more than \$100,000 from welfare that she wasn't entitled to was given a two-year conditional sentence Monday.

Shera St. Martin has so

far paid back \$50 of the \$115,646.90 she pocketed from Ontario Works from 1998 to 2008. It will likely take years for the mother of two to pay back the rest.

Prosecutors said her living arrangement made her ineligible for welfare during the 10-year period. She was charged last December, but pleaded guilty to one count of fraud over \$5,000 on Sept. 12. JOE LOFARO/METRO

99.5% grade average

Top scholar honoured with award from school board

The 2012-13 Ottawa-Carleton District School Board's top scholar Shouzheng (Bailey) Gu is this year's recipient of the D. Aubrey Moodie Award. Gu will receive his

award at the November board meeting Tuesday via Skype from Waterloo, where he is studying mathematical physics with an eye on a career in research. Gu's mother will be on hand to accept his plaque and cheque.

Gu graduated from Lisgar Collegiate Institute this spring with a grade average of 99.5 per cent.

DENIS ARMSTRONG/FOR METRO

South end

Police presence upped after string of robberies

Ottawa police have increased patrols in south-end Ottawa after a string of 10 robberies in November.

In six incidents, a gun was used, and the

suspects are targeting cellphones and other personal effects.

Police are asking anyone with information about the incidents to come forward. A community meeting with Coun. Diane Deans is slated for Nov. 27 at 7:30 p.m. at the Greenboro Community Centre to discuss the robberies.

DENIS ARMSTRONG/FOR METRO



The best TV service. Now in Ottawa.



Bell Fibe TV is here. It's delivered to neighbourhoods across the National Capital Region through our new fibre optic network and provides a host of amazing features like Wireless TV, which lets you move your TV anywhere, anytime.¹ You'll also enjoy the only Whole Home PVR that allows you to record 4 shows at once as well as pause and rewind live TV on up to 6 TVs. With all that and more, it really is the best TV service.

FIBE TV + INTERNET
+ HOME PHONE

FROM **\$81**/MO.
for 6 months,
\$114/mo. thereafter²

+

WHOLE HOME PVR
TOTALLY FREE³

\$49.95 installation fee applies with a 2-year contract term.⁴

1 866 856-9657 • Visit a Bell store • bell.ca/ottawa

Bell watching TV
just got
better

Available at the
following Bell stores:

KANATA
510 Earl Grey Dr.
613 592-7778

NEPEAN
50 Market Place Ave.
613 823-2355
1541 Merivale Rd.
613 723-4400
Bayshore Shopping Centre
613 820-4077

ORLEANS
Place d'Orleans
613 830-4728
SmartCentres Orleans
613 841-7051

OTTAWA
247 Bank St.
613 594-0008
Billings Bridge Plaza
613 733-8992
Carlingwood Shopping Centre
613 798-9875
Rideau Centre
613 563-3808
St-Laurent Shopping Centre
613 741-8029
St-Laurent Shopping Centre –kiosk
613 744-5168

STITTSVILLE
Crossing Bridge Mall
613 831-1499

Also available at:



Current as of November 19, 2013. Offer ends December 30, 2013. Any portion of the Bell Bundle Program may be modified, discontinued or terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of any term contract for Eligible Services, including the Discountable Services; see bell.ca/bundledetails. Available to new residential customers in select dwellings in the Ottawa region, where access and technology permit. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes and restrictions apply. E-billing is provided at no cost, paper billing is available for \$2/mo. (1) Only the PVR needs to be wired to the service. A wireless receiver (\$7/mo. rental plan or \$199 purchase) needs to be connected to each additional TV (up to 5) and to a power outlet. Customer responsible for use of wireless receiver; do not expose to heat sources, rain or damp and temperature extremes. Range of wireless signal may vary due to electromagnetic interference, home construction material, obstructions and other environmental factors. (2) Available to new customers with continued subscription to TV, Internet and Home phone; see bell.ca/bundle for details. Promotional \$22.95 monthly price for months 1 to 6 based on the continued subscription to Bell Fibe TV Good package: \$45.95 monthly rate, less \$8 bundle discount, less \$18 credit, plus \$3 Digital Service Fee. Bell Fibe Internet 5/1: Promotional \$32.95 monthly rate; monthly rate is \$46.95, less \$10 credit for months 1 to 6, less \$4 Bundle discount. \$42.95/mo thereafter. Home phone Lite: Promotional \$24.95 monthly rate; monthly price of \$30.99, less \$5.00 credit for months 1 to 6 less \$4 bundle discount, plus \$2.96 Touch-Tone & 9-1-1 fee. All prices are subject to change without notice. (3) WHPVR: \$0 rental based on \$15 monthly rental fee, less a \$15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receivers remain Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. (4) Fibe TV: installation charges are \$49.95 on a 2-year contract term, \$149.95 on a 1-year contract term and \$249.95 with no contract term. Includes installation of modem, Whole Home PVR and up to 2 additional wireless receivers; see bell.ca/fibetvinstall. Fibe is a trademark of Bell Canada.



Coralee Smith, right, speaks outside the inquest into the segregation-cell choking death of her daughter, Ashley Smith, in Toronto on Monday. With her is Kim Pate of the Canadian Association of Elizabeth Fry Societies.

COLIN PERKEL/THE CANADIAN PRESS

Cell death a murder: Lawyer

Ashley Smith case.

The warden threatened guards with excessive-use-of-force sanctions for entering the cell too quickly, according to inquest evidence

The death of a "precious daughter" who strangled herself in her segregation cell as prison guards videotaped but did not intervene should be deemed a homicide, a coroner's jury was told Monday.

In closing submissions at the Ashley Smith inquest, the lawyer who speaks for her family said overwhelming evidence shows top managers ordered frontline staff to stay out of her cell as long as she was still breathing.

The order, Julian Roy said, was devised by Warden Cindy Berry — "the new sheriff in town" — and communicated through her "weak" deputy, Joanna Pauline, to underlings.

"It was not a big misunderstanding. There was no broken telegraph here. This was not a case of staff confusion," said Roy.

"It didn't come off the cuff. It wasn't improvised. This was an order that was carefully thought out by those that issued it."

The order was never written down because it was an "obscenity," Roy said, but senior management's actions contributed significantly to Smith's death, making it a homicide.

Smith, 19, of Moncton, N.B., choked herself to death on Oct. 19, 2007, in her cell at Grand Valley Institution in Kitchener, Ont. **THE CANADIAN PRESS**

'Moral crimes'

Afghanistan may bring back stoning, says rights group

Human Rights Watch called Monday on the Afghan government to reject a proposal to reintroduce public stoning

as a punishment for adultery, but the Justice Ministry denied that such a law had been submitted. The organization said that a working group that is assisting in drafting Afghanistan's new penal code had proposed provisions on "moral crimes" involving sex outside of marriage that call for stoning. **THE ASSOCIATED PRESS**

Texas

Cop accused of raping handcuffed woman in patrol car

A Texas police officer is accused of raping a handcuffed 19-year-old woman in the back of his patrol car.

San Antonio's police chief told reporters over the weekend he was "angry" and "outraged" after Officer Jackie Len Neal was arrested Saturday on a sexual assault warrant.

Neal was released from jail Saturday. A listed phone number for Neal was disconnected. **THE ASSOCIATED PRESS**

Senate scandal continues as byelections play out

The cacophony of the Senate expenses scandal blared on Monday in the House of Commons as opposition members pressed for answers on what Prime Minister Stephen Harper knew about his chief of staff's decision to pay Mike Duffy's expenses.

"Does the prime minister agree that there was a criminal coverup organized out of his own office?" NDP Leader Thomas Mulcair said in the House, making reference to the version of events laid out for the media by Harper's spokesman over the weekend.

Paul Calandra, Harper's parliamentary secretary, denied that Harper had any knowledge that Sen. Irving Gerstein, chairman of the Conservative Fund Canada, planned to use party funds to pay Duffy's expenses.

Nor did the prime minister know, Calandra said, that Gerstein contacted a partner at Deloitte Canada about its Senate-ordered audit of Duffy's expenses in an apparent attempt to have the accounting firm drop the senator from the probe, according to the RCMP allegations. Those accusations have yet to be tested in court.

The RCMP also alleges the Prime Minister's Office argued that Duffy's transgressions would become moot once the



NDP Leader Tom Mulcair gets a standing ovation as he asks a question during question period in the House of Commons on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

senator repaid his expense claims, and so he should be removed from the audit.

The notion that Harper was completely in the dark about an alleged coverup involving his chief of staff, as well as Gerstein, was mocked once again by Opposition members on Monday, the same day that voters in four federal ridings were heading to the polls to cast their ballots in a series of key byelections.

"Mr. Harper keeps trying

to say the person who's solely responsible is Nigel Wright, but the head of the Conservative fund was offering to do the exact same thing; that's obviously a key problem here," Mulcair said outside the House.

Democracy Watch, a non-profit organization devoted to holding governments accountable, accused Gerstein on Monday of violating at least two sections of the Senate's conflict-of-interest guide-

lines. It called on the Senate ethics officer to launch an inquiry into Gerstein's actions.

THE CANADIAN PRESS

Byelection outcome

For results of Monday's byelections, go to metronews.ca.



Dandy Brisket

2450 Lancaster Rd. 613-521-8889



Home of fabulous Montreal Smoked Meat Sandwiches!!

SPECIAL!

12 oz Sirloin Steak with Fries, Salad and Soup

JUST \$17⁰⁰

Another 15% OFF Wednesday to Friday from 4pm to 8pm with this coupon.

Offer expires December 20, 2013.

Slavery case

U.K. police expand search

British police investigating a slavery case involving three female victims say they are investigating 13 London addresses linked to the two suspects. Police said Monday that inquiries into the new addresses followed an extensive search of an apartment in the Brixton neighbourhood of south London. The Metropolitan Police also said that the male suspect is 73, not 67 as previously reported. The female suspect is 67. **THE ASSOCIATED PRESS**

Italy. Prosecutor argues to reinstate Knox guilty verdict in homicide

The prosecutor seeking to reinstate the conviction of Amanda Knox for the murder of her roommate urged an appeals court on Monday not to repeat mistakes he says were made by the court that freed her. Prosecutor Alessandro Crini said Italy's highest court had "razed to the ground" the Perugia appellate court's 2011 decision to throw out the guilty verdicts. The high court ordered a fresh appeals

trial, this time in Florence.

Knox and Sollecito were convicted in 2009 of killing Meredith Kercher, Knox's 21-year-old British roommate, who was found with her throat slit in her bedroom in 2007. They were sentenced to 26 years and 25 years in jail, respectively. After being freed in 2011, Knox returned to the United States and has not returned to Italy for the current trial. **THE ASSOCIATED PRESS**

TUESDAY, NOVEMBER 26

TODAY ONLY

IN STORE AND AT THEBAY.COM. FREE ONLINE SHIPPING OVER \$99

See below for details.

Save \$170
\$99.99

Regular \$270

CALVIN KLEIN

hooded down and
feather fill coats

Choose from 4 styles and
a range of colours.

Plus,
50% off

women's outerwear
in our women's outerwear department
See below for exclusions.





Save \$38
\$29.99
Regular \$68

Women's CALVIN KLEIN
leather touch gloves for
smart phones and screens

In our women's outerwear department.
Assorted colours and prints.

HUDSON'S BAY

Be the first to know about our One Day Sales – sign up at thebay.com or follow us on:  

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details. **Women's outerwear** excludes Lauren by Ralph Lauren, Marella, Cinzia Rocca, Cole Haan, Moose Knuckles, Paja, Soia & Kyo, Artic Expedition, Sandro, Maje, Jacques Vert Group, Olsen Europe, Toni Plus and items with 99¢ price endings. **FREE SHIPPING:** Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes: furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

India. Couple convicted of killing daughter and family housekeeper

Two married dentists were convicted Monday of killing their 14-year-old daughter and the family's housekeeper in a sensational case that has transfixed India since the girl was found with her throat slit in 2008.

Rajesh and Nupur Talwar, from the New Delhi suburb of Noida, will be sentenced Tuesday. They could face the death penalty. In a statement, they said they were "hurt and anguished" by the verdict and would appeal.

The double-murder in a suburban pocket of the capital became one of the most closely-watched whodunits in recent memory in India.

In the hours after the teenager, Aarushi, was found dead in her bedroom, police named the Talwars' missing Nepali housekeeper, Hemraj, as the

Quoted

"We will appeal against the verdict within 60 days."

Rebecca John, Rajesh and Nupur Talwar's lawyer, on her clients' recent conviction

prime suspect. They even dispatched a team to Nepal to look for him. But the housekeeper wasn't missing — his body was discovered lying on a terrace above Aarushi's room. It had been there the whole time.

The Talwars came under suspicion early on, and police said the manner of the girl's death suggested she was killed with surgical precision, a clear nod to the Talwars' medical profession.

THE ASSOCIATED PRESS

U.S. grand jury. School officials charged in Steubenville rape case

An Ohio school superintendent, two coaches and a principal have been charged by a grand jury that investigated whether other laws were broken in the rape of a 16-year-old girl by two football players, the state's attorney general said Monday.

The Steubenville case drew national attention. The teenage football players were convicted of raping the girl after an alcohol-fuelled party in August 2012.

The grand jury investigated whether adults like coaches or school administrators knew of the rape allegation but failed

to report it as required by state law.

The charges against the superintendent, Mike McVey, include felony counts of obstructing justice, Ohio Attorney General Mike DeWine said.

A school principal, Lynnett Gorman, and a strength coach, Seth Fluharty, are charged with failing to report possible child abuse. A former volunteer coach, Matthew Bellardine, faces several misdemeanor charges, including making false statements and contributing to underage alcohol consumption. THE ASSOCIATED PRESS

Fell about 45 feet

Woman's life saved after jump

A woman who jumped from the third level of the Oakland Raiders' stadium survived after a man tried to catch her and broke her fall, authorities said.

The woman was critically injured Sunday after plunging about 45 feet at O.co Coliseum. She jumped shortly after the Raiders' 23-19 loss to the Tennessee Titans.

The good Samaritan was seriously injured but was conscious and talking at the hospital, police said.

THE ASSOCIATED PRESS

Campus safe: police

Yale U under partial lockdown

Police say they have not found a gunman on Yale University's campus, and a call warning of an armed man going to shoot up the school appears to be a hoax.

New Haven Police Chief Dean Esserman told a news conference Monday afternoon that the campus is safe. A lockdown remains in effect on the Old Campus as police search rooms there.

There have been no reports of shots fired or anyone injured, and no arrests have been made.

THE ASSOCIATED PRESS

Newtown shooter's motive still unclear

Report released.

Lanza had 'fascination with mass shootings and firearms,' was obsessed with Columbine shooting

Why a young gunman went on a murderous shooting rampage at a U.S. school a year ago is still a mystery and may never be known with certainty, prosecutors said Monday in a report that ended their investigation.

Adam Lanza, 20, was obsessed with mass murders and the 1999 Columbine High School shooting in particular, but investigators did not find evidence he ever told others of his intentions to carry out such an attack, according to the summary report by the lead investigator, state's attorney Stephen Sedensky III.

Lanza killed 20 young children and six educators with a semi-automatic rifle inside the Connecticut school on Dec. 14. He shot and killed his mother inside their home before driving to the school, and killed himself with a handgun as police arrived.

The shooting moved gun safety to the top of the agenda for President Barack Obama — though his gun-control efforts have failed in Congress — and led states across the country to re-evaluate laws on issues involving school safety.

The new report describes a gunman who had "significant mental-health issues" but had knowledge of what he was planning: He had materials on mass murder, he smashed



Lucas, Kelly and Michael DaSilva embrace at a makeshift memorial near Sandy Hook Elementary School following the mass shooting on December 15, 2012, in Newtown, Conn. MARIO TAMA/GETTY IMAGES FILE

his computer hard drive, and he used earplugs during the shooting.

"The obvious question that remains is: 'Why did the shooter murder twenty-seven people, including twenty children?' Unfortunately, that question may never be answered conclusively," the report said.

Lanza "was undoubtedly afflicted with mental health problems; yet despite a fascination with mass shootings and firearms, he displayed no aggressive or threatening tendencies," Sedensky wrote.

Lanza's mother, Nancy Lanza, was concerned for her son and said he hadn't gone anywhere in three months and would communicate with her by email only, even though

they were living in the same house. She never expressed fear that she or anyone was in danger from her son, the report said.

Sedensky said there was no clear indication why Lanza chose the school as the target other than the fact that it was close to his home.

The report said Lanza in 2005 was diagnosed with Asperger's disorder — but "what contribution this made to the shootings, if any, is unknown." Asperger's is an autism-like disorder that is not associated with violence.

The report also says federal law enforcers investigated two leads that indicated that Lanza might have hinted at the shooting in online communications, but the leads were found to

have no validity and no relation to the shooting.

In one of them, a Texas woman contacted police in Connecticut the day of the Dec. 14 attack to say her son had interacted with someone while playing a video game 20 hours earlier who said there would be a school shooting, according to the report. Also, two days before the shooting, an anonymous user posted comments online about planning to commit suicide Dec. 14 and saying it would make national news. The poster claimed to live in Connecticut.

Sedensky said the hard drive taken from Lanza's home was so damaged that data will probably never be extracted from it.

THE ASSOCIATED PRESS

Obama defends deal with Iran



President Barack Obama
THE ASSOCIATED PRESS

Pushing back hard, President Barack Obama forcefully defended the temporary agreement to freeze Iran's disputed nuclear program on Monday, declaring that the United States "cannot close the door on diplomacy."

The president's remarks followed skepticism of the historic accord expressed by some U.S. allies abroad as well as by members of Congress at home, including fellow Democrats. Israeli Prime Minister Benjamin Netanyahu, one of the fiercest

opponents of the six-month deal, called it a "historic mistake" and announced he would be dispatching a top envoy to Washington to try to toughen the final agreement negotiators will soon begin hammering out.

Obama, without naming names, swiped at those who have questioned the wisdom of engaging with Iran.

"Tough talk and bluster may be the easy thing to do politically, but it's not the right thing to do for our security," he said during an

event in San Francisco.

The weekend agreement between Iran and six world powers — the U.S., Britain, France, Russia, China and Germany — is to temporarily halt parts of Tehran's disputed nuclear program and allow for more intrusive international monitoring of Iran's facilities. In exchange, Iran gains some modest relief from stiff economic sanctions and a pledge from Obama that no new penalties will be levied during the six months.

THE ASSOCIATED PRESS

City happiness explained: Love thy neighbour, live in a house

Sad metropolises.
Book credits low-rise living and good neighbour relations for higher life satisfaction in smaller towns



KATE WEBB
Metro in Vancouver

Happiness is a lot of things, but if you believe the latest research linking it to urban design, it is closely tied to living in a moderately dense, ground-oriented community.

Vancouver author Charles Montgomery, whose new book, *Happy City*, was released earlier this month, spent five years researching which cities are the happiest and why, and said the results were surprising.

"Surveys of life satisfaction

in Canadian cities show that Vancouver, Toronto, Calgary, the biggest cities, fall far behind smaller cities of modest means," he said.

The happiest cities, according to a UBC study, are both on the East Coast and share a lot in common besides their similar names: Saint John, N.B., and St. John's, N.L.

"The correlation is very simple," Montgomery said.

"Cities where people report high levels of trust for neighbours and strangers also rank highest for life satisfaction.

"In other words, the key ingredient to happy cities is positive social relationships, so the happy city is a social city."

He pointed out two common and somewhat opposite urban features that put a damper on positive social relationships: sprawl and towers.

"People who live in towers report trusting their neigh-

bours less, getting favours from neighbours less, and being less likely to know each others' neighbours' names than people living on the ground," he said.

Sprawl, on the other hand, extends commutes, leaving less time for social interaction.

The happy medium for big cities, Montgomery argues, is creating moderate increases in density with more townhouses, row houses, laneway houses, single-family homes retrofitted to fit more suites, and co-housing.

University of Waterloo neuroscientist Colin Ellard, who has been helping to promote Montgomery's book, said proximity to green spaces is also a factor.

"There's a very well documented distinction between the way people behave and feel and think when they're in natural environments, as opposed to when they're in grey concrete," he said.



Classic chicken-or-egg conundrum: Is St. John's, N.L., one of the two happiest cities in Canada because it looks like a rainbow, or does it look like a rainbow because its citizens are so happy? FLICKR: NSPAUL

Tell work you have jury duty. Again.

Join us November 29 for **Black Friday at IKEA** to take advantage of these amazing one-day only offers.



VÄRMDÖ
solid wood
rocking chair
Was \$149
\$49*

Limit 2 per customer



EXPEDIT
shelving unit
Was \$79.99
\$39.99*

Limit 2 per customer



LACK
side table
Was \$9.99-\$12.99/ea
\$4.99/ea*

Limit 4 per customer



**50%
OFF**
all soft toys*

Limit 10 per customer

Visit **IKEA.ca/BlackFriday** for details.
While supplies last. Doors open at 10am.



Loud cell talkers in flight. Chatty Cathys could mean bumpy ride for airlines



One frequent flier thinks letting passengers make cellphone calls in airplanes will lead to arguments. MATT SLOCUM/THE ASSOCIATED PRESS FILE

The Federal Communications Commission might be ready to permit cellphone calls in flight. But what about the airlines?

Old concerns about electronics being a danger to airplane navigation have been debunked. And airlines could make some extra cash charging passengers to call a loved one from 35,000 feet. But that extra money might not be worth the backlash from fliers who view overly chatty neighbours as another inconvenience to go along with smaller seats and stuffed overhead bins.

"Common courtesy goes out

Irritation in the air

"You think the debates and fistfights over reclining the seat back was bad. Wait until guys start slugging it out over someone talking too loud on the phone."

James Patrick II, a frequent flier

the window when people step in that metal tube," says James Patrick II, a frequent flier from Newnan, Ga. **THE ASSOCIATED PRESS**

EU embargo

Ottawa to appeal WTO ruling on seal product ban

Ottawa will appeal a World Trade Organization ruling that says aspects of Europe's ban on imported seal products undermine fair trade but can be justified on "public moral concerns" for animal welfare.

While anti-sealing advocates say it's a landmark victory that upholds the European Union embargo, the WTO points out inconsistencies that it wants fixed.

The decision affects hunters in Atlantic outposts and Inuit communities who say the embargo discriminates against Canadian seal products. Ottawa said in a statement that it will appeal. **THE CANADIAN PRESS**



Seals and Sealing Network's Aaju Peter at a press conference Monday. **THE CANADIAN PRESS**



A Canadian Medical Journal commentary argues Canadian women should have access to the abortion drug Mifepristone, also known as RU-486. PHIL WALTER/GETTY IMAGES FILE

Abortion drug should be option in Canada: Report

RU-486. The drug is available in 57 other countries and should be approved by Health Canada, experts argue in a top medical journal

A commentary in Canada's leading medical journal says Canadian women lack access to the best known option for abortion.

The authors say Health Canada is currently studying an application to bring that option, a drug commonly known as RU-486, to the Canadian market.

They say women in 57 other countries have access to the drug and say it is important that the application is approved.

The drug, mifepristone, is used in combination with another medication already approved for other indications in Canada.

The treatment essentially induces a miscarriage, avoiding the need for a surgical abortion in most cases.

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000. A manufacturer would have to apply to bring the drug to market in Canada. **THE CANADIAN PRESS**

The bottom line

Dr. Sheila Dunn, one of the authors of the commentary published in the Canadian Medical Association Journal, said it's not clear why no one has applied to market mifepristone in Canada before now.

- "Sometimes if it's going to be really onerous to actually get drug approval and the economic margins are not going to be such that makes it worthwhile for someone to do that, that may be a deterrent."

Market Minute



DOLLAR
94.80¢
(-0.22¢)



TSX
13,472.22 (-6.12)



OIL
\$94.09 US (-75¢)



GOLD
\$1,241.20 US (-\$2.90)

Natural gas: \$3.79 US (-2¢)
Dow Jones: 16,072.54 (+7.77)

Random biz fact of the day

1.7

It costs companies 1.7 times as much to hire an external candidate. **FORBES**

Free PARTS DAYS!

PULL YOUR OWN PARTS AND SAVE BIG!
1000 FRESH CARS!

STANDARD

AUTO WRECKERS

Oct 25th to Nov 30th

HOURS: Weekdays 8am - 5pm
Saturdays 9am - 3pm
Closed Sundays

5402 Old Richmond Rd
North of Fallowfield Rd

613.591.5600

Grand Opening Sale!

Admission Charge of \$49.95 (Taxes included), per person, per trip.
Rules and Exceptions to be posted at the time of the sale.

CharityCar.ca JunkCar.ca

Car or Truck for sale?
2 Ways to Recycle
Free Towing

Call Us Today!

NEED A CAR PART?
613.591.5600
Parts for many Makes & Models.

www.StandardAutoWreckers.com

ALL YOU CAN CARRY IN YOUR HANDS!

EAGLESON RD
OLD RICHMOND RD
MOODIE DR
416

Ottawa Location Only

Bargain hunters rejoice. Retailers aim to knock out the competition with deals

Now that American retailers have landed in Canada, prepare for the fireworks as stores launch massive promotions and deep discounts in an attempt to draw shoppers.

The arrival of Target and Marshalls — and the expansion of Walmart — hasn't exactly revolutionized shopping, but it has laid the foundation for what industry watchers say will be a bigger fight for market share next year.

Eye of the tiger

"It's a bloodbath for every retailer."

Home renovations retailer Rona chief executive officer Robert Sawyer said at an industry conference earlier this fall that U.S. entrants had made the retail market extremely competitive.

"We can expect to see some very desperate retailers," said Brynn Winegard, a marketing expert at Winegard and Company.

THE CANADIAN PRESS

23andMe

FDA halts sales of genetic test kits

The Food and Drug Administration has ordered Google-backed genetic test maker 23andMe to halt sales of its personalized DNA test kits, saying the company has failed to show that the technology is supported by science.

In a warning letter posted online, regulators say 23andMe has not shown that its tests are safe or effective despite "more than 14 face-to-face and teleconference meetings" and "hundreds of email exchanges." **THE ASSOCIATED PRESS**



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 17

metronews.ca/temp

1 in 3 richies

Temping: Not just for the poor

The shift into temporary work is being felt at all levels.

While confirming that low-income families are most affected by this trend, a recent report shows that middle- and high-income families aren't immune either.

- Low-income families (less than \$50,000): 75 per cent are employed in insecure employment.
- Middle-income families (\$50,000 - \$100,000): About half are in insecure employment.
- High-income (over \$100,000): Over one-third are in insecure employment.



PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Survey says

One in four Canadians apparently suckers

Most Canadian workers are happy with their jobs, according to a recent survey by Monster.ca. Twenty-four per cent say they love their job so much they'd do it for free. **PHOEBE HO/METRO**

Temp Learns Some Secrets

After Sarah left, I tried watching more TV, but the thing about a Kate Winslet DVD marathon is that after about 1.75 movies your brain says, "I can't do this any more!" and forces you to get out of the beanbag chair and do something out in the real world. So I drove to the hospital to visit Danimal. In the Beemer I felt like I barely squeaked through their visitor parking lot's quality control filter — thank God the car had been recently washed. Once inside the building, a tastefully-clad male escort took me up to the third floor as though I was a guest appearing on David Letterman.

Danimal was in a bed looking woeful. "Shannon!"

"Hi Dan."

"Thanks for saving my life."

"I did no such thing. I just took you to the hospital. How is your ever-so-slightly collapsed left lung?"

I could tell Dan wanted to dramatize his condition but couldn't. "Oh, you know."

"I certainly do. I looked it up online. You'll be 100 per cent healed in one week. You should get out of this luxury hotel as soon as you can, too. It'll bankrupt you."

"Too late. I'm already bankrupt."

I cocked an eyebrow. "Really?"

"Why do you think we're dumping the company? I'm going to enjoy this country club

lifestyle as long as I can on the insurance company's dollar."

I saw the remains of lunch. "What's the food like here?"

"Insane. Lunch was a wild mushroom risotto with shaved Parmesan. How's your Chinese boyfriend and your evil plan?"

"Dan, I'm assuming it's the painkillers making you stupid, but the fact of the matter is, yes, he and I do have a plan."

"I knew it."

I looked around the gorgeous room (a Warhol print of an eagle on the south wall) and waited for him to say something.

"Well, what is it — what's your plan?"

"I knew you'd ask. I knew you'd crumble."

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."



Random fact of the day

- Animal Planet made a fake documentary about the existence of mermaids ... twice. People fell for the trick both times.



SOURCE: WTFUNFACT.COM

So I told the Danimal the plan — and then after that I drove over to his place to check up on Chantelle. I rang the doorbell (also Dust in the Wind by Kansas — these people are thorough) and a much cleaner and studlier-looking Darren opened the door in a housecoat, holding a vodka tonic. "Chantelle! It's Florence Nightingale!"

"Ask her to come in."

Dan's house truly rocked — everything you'd expect in the gated community lifestyle. The fire pit alone was the size of my bedroom.

"Hi sweetie, have a drink. Darren, make our guest a Greyhound. There's fresh grapefruit juice in the fridge."

"Will do."

"So," asked Chantelle, "How's Dan?"

"He's looking good. Have

you gone to see him yet?"

"Maybe tonight. I have to, um, pull myself together."

I said, "I'll drive you."

"That's sweet but I'll cab it."

How are you doing?"

"I got fired this morning."

"Really? Well sit right down next to me and tell Chantelle everything."

TO BE CONTINUED...

Random biz fact of the day

56%

Yep, it's like sending your resumé into a void — 56 per cent of employers admitted they don't acknowledge receipt of applications.

SOURCE: NEXCAREER

What a scoop!

Tell us the office tittle-tattle

Someone hit the booze a little too hard at the last office party? Co-workers getting a little too cozy at the water cooler? Share your juiciest office secret and we'll publish the best in tomorrow's paper. We need to know who you are, but we promise anonymity for all. Send us the scoop at readers@metronews.ca or iamtemp.tumblr.com.



Give your investments a second thought.

Get a Scotiabank® Second Opinion and have your investment questions answered.

scotiabank.com/secondopinion

® Registered trademarks of The Bank of Nova Scotia.

You're richer than you think.®

 Scotiabank®

WHY MILEY, NOT HANNAH MONTANA

Another award show, another opportunity to hate on Miley Cyrus.

As the 21-year-old pop star performed at the American Music Awards this past Sunday clad in a two-piece, kitten-print bikini, Twitter blew up with catty (excuse the pun) remarks regarding her on-stage antics.

When it comes to Miley's titillating behaviour and provocative wardrobe choices, there's no shortage of venomous opinions and open letters. But why do women tend to react so negatively toward female peers who are openly sexual?

Canadian researchers Dr. Tracy Vaillancourt and Aanchal Sharma recently developed an experimental study to test their evolutionary-based hypothesis that women are intolerant of sexy women and will condemn those who seem to make sex too readily available. A group of heterosexual young women at McMaster University were enlisted to participate in what they thought was a study on female friendship. The participants were paired up with



SHE SAYS
Jessica Napier
metronews.ca

either a friend or stranger and then approached by a seemingly random woman dressed in one of two distinctly different outfits.

Lisa Elliot — a thin, blond and conventionally attractive student at the university — was chosen to partake in the study as the subject. Half of the time, Elliot approached the participants dressed in a plain T-shirt and jeans. In an alternative scenario she was outfitted in a low-cut top, a tight fitting mini-skirt and knee-high boots.

"There was no real contact between me and the participants when I was in the room," says Elliot. "I was asked to simply walk in and out without making any real connection." Vaillancourt and Sharma monitored the participants' reactions and recorded any signs of aggression — such as eye-rolling, laughter and negative comments — on a very scientific sounding "bitchiness scale."

Women who encountered Elliot dressed in the conservative outfit barely noticed her, while those who saw her in the more

sexual getup were far more likely to react with some form of hostility. These participants regarded Elliot as promiscuous and as a sexual rival. A follow-up study showed that the women did not want to introduce her to their boyfriends, allow them to spend time alone with her, or be friends with her.

These women not only engaged in passive-aggressive behaviour to undermine someone they viewed as a potential threat, but also as way to connect with their peers. "I thought it was very interesting to see that so many of the girls, friends and strangers bonded together over their mutual dislike for me when in the racier outfit," noted Elliot.

Competition and hostility among women is much more prevalent than we might think. Some might dismiss a study like this as petty; but gossiping, slut-shaming and other forms of indirect bullying can cause very real emotional distress. We need to continue conducting and learning from studies like this to make ourselves more aware of our own bitchy behaviour and the potential harm it can inflict.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Put on your yarmulke, it's turkey time



PAUL SANCYA/THE ASSOCIATED PRESS

Thanksgiving and Hanukkah coincide

When life gives you Hanukkah on Thanksgiving, make a menorkey.

Ora turkel.

That's what students at suburban Detroit's Hillel Day School are doing — creating paper-and-paint mashups of menorahs and turkeys, and the birds combined with dreidels.

Rozie Aronov, 7, (pictured) holds up her menorkey she

created at Hillel Day School in Farmington Hills, Mich.

The recent class projects illustrate one way U.S. Jews are dealing with the convergence of the secular and sacred holidays that will see Thanksgiving overlap with the start of Hanukkah on Thursday.

The last time the overlap happened was 1888 and the next is 79,043 years from now — by one estimate widely shared in Jewish circles.

THE ASSOCIATED PRESS

How often do you get to eat challurkey?

Saul Rube, Hillel's dean of Judaic studies, said the combinations of Thanksgiving and Hanukkah icons underscore a deeper bond: The Talmud, one of Judaism's core texts, describes Hanukkah as a "holiday of thanksgiving."

"The fact that you could meld our Jewish culture and the popular culture is such a wonderful opportunity," he

said.

Rube said his Thanksgiving dinner will have one notable addition: A challurkey, a loaf of Jewish challah bread in the shape of a turkey. Some Detroit-area bakeries are selling them but he found one he liked online from a kosher bakery for \$12, plus shipping costs.

"I told my wife if we amortize the cost over 80,000 years 'til it happens again, it's not so bad," he said.

THE ASSOCIATED PRESS

Clickbait



LUKE SIMCOE
Metro Online

You may have noticed a lot of people suddenly talking about Doctor Who. The iconic British series marked its 50th anniversary on Nov. 23, making it the longest running science fiction show in the world. If you're curious, or just want to keep up with the conversation, here are a few sites that will help you tell the difference between a Dalek and a sonic screwdriver.

The TARDIS Data Core:
Named after The Doctor's famous time machine — which resembles a blue policeman's box — the TARDIS Data Core is the de facto wiki for Doctor Who fans. It boasts over 37,000 articles about the show, the universe and its characters. (tardis.wikia.com)

Official Doctor Who Tumblr:

Recognizing the show's cult following online, the people behind Doctor Who started a Tumblr page, which happens

to include a friendly guide for Who noobs. (doctorwho.tumblr.com/new-to-doctor-who)

The Inspector Spacetime Wiki:

Not so much a beginner's guide, but rather an insightful parody. What began as a spoof on NBC's Community has grown into a genuine fandom, chronicling the adventures of a mysterious detective who travels through time in a red phone booth. (madmanwithabooth.wikia.com)



ADRIAN ROGERS/BBC/THE ASSOCIATED PRESS

Comments

RE: Black Friday and America's Working Poor, published online Nov. 24

So, I agree that wages are low, but they are in line with what the government regulation is, so who's really at fault here?

The government simply has to raise the minimum wage.

They were talking about how (the U.S. Chamber of Commerce) was holding up a bill saying that any wage increase has to be coupled with

a tax break for companies. I guess that is to cover the cost of the raise. So now the government has to lose money in order to raise the minimum wage, how does that work?

The way I see it, raise the minimum wage up to 10 bucks and add an additional two per cent tax on any money earned over \$250,000. That's should just about cover it. Government has to stop being pressured by big business and do what needs to be done for the better of all its people!

Grrrrrrrr posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

DVD review



The Grandmaster

Director. Kar Wai Wong

Stars. Tony Leung Chiu-Wai, Zhang Ziyi

Wong Kar-wai's martial arts tribute reminds us early on that with kung fu, you're either standing or lying flat on your back. Ip Man, played with white hat, black robes and stoic magnetism by Wong regular Tony Leung Chiu-Wai, intends to always be standing. The middle-aged fighter is as good as his word in a rainy prologue where he grapples with a group of younger assailants. He'll also need to sort out an avenging woman (Zhang Ziyi), a fierce and avenging battler in her own right, whose story is one of several tangents The Grandmaster takes on its circuitous route to enlightenment and justice. The movie could use more of this kind of directness. It's a departure for Wong, who has approached the topic before but normally deals with matters of the mind and heart rather than the hand and foot. He can't resist drifting back to form, even when bodies are in motion. Extras include making-of featurettes and a conversation with Shannon Lee, daughter of Bruce Lee, but beware — this is the 108-minute U.S. cut. You have to go import if you want the 130-minute original.

PETER HOWELL

TV temp-tation

If a staffing agency could wave a magic wand and place temps wherever they want, the Googleplex in Mountain View, Calif., would be getting them by the busload. On-site perks include everything from foosball tables and beach volleyball courts to a chance to scope out driverless cars doing donuts. But even the tech darling's HQ has nothing on television's top workplaces.

MIKE DOJC
scene@metronews.ca

Caltech (Big Bang Theory)

Walking the halls of Caltech would be a riot. You'll toy with lasers and learn a little experimental physics from Leonard Hofstadter. Maybe he'll even hook you up with a gig on his next far-flung field trip. His Stephen Hawking-sponsored North Sea voyage to search for the hydrodynamics equivalent of the Unruh effect turned out to be a hardcore party cruise. Just keep your distance from Sheldon Cooper if you want to retain your sanity.



S.H.I.E.L.D. (Marvel's Agents of S.H.I.E.L.D.)

Temping at the Strategic Homeland Intervention, Enforcement and Logistics Division could very well be the most dangerous placement on the planet but clandestine workplaces don't get any cooler. Field agents at this place make their FBI and CIA counterparts seem downright dowdy and they get to play with awesome next generation gadgets. Quantico and Langley's best and brightest are here where ordinary terrestrial terrorists are small fry.

Sterling Cooper & Partners (Mad Men)

While Don Draper can be a hard case, he knows great talent when he spots it. Impress the cagey creative director and your temporary stint could lead to a permanent position. In this swinging '60s creative powerhouse,



that means cavorting with fetching co-workers, three martini lunches, casual office sex and of course a creativity-stoking corporate culture.

World Famous Gold & Silver Pawn Shop (Pawn Stars)

Temping here would be a history wonk's dream. Valuable sports memorabilia and antique military firearms come through daily and organizing these artifacts beats typical office drudgery. Besides, when's the last time you fired a 100-year-old Hotchkiss Cannon to see if it works?



2
SCENE

GET YOUR
PAWS ON THE
PERFECT
GIFT



Get a Bonus Gift Pack worth up to \$40
when you spend \$40 on a Gift Card!

HOLIDAY GIFT PACK INCLUDES

One 2-for-1 Admission, One Free Small Popcorn, One Free UltraAVX® or 3D Upgrade,
One \$1 Digital Movie Rental, SCENE® points and MORE!

REDEEM
ONLINE

CINEPLEX

Buy now in theatre or at Cineplex.com/GiftPack

Limited time offer, while supplies last. Offer not available in all locations.

© 2013 Cineplex Entertainment Inc. All rights reserved. Cineplex and the Cineplex logo are trademarks of Cineplex Entertainment Inc. or used under license.



Michael Jackson ALL PHOTOS GETTY IMAGES

Murray remains mum on Michael's alleged misconduct

In his first interview since being released from prison, Conrad Murray has plenty of candid things to say about Michael Jackson — but he'll only go so far. At one point, 60 Minutes in Australia correspondent Liz Hayes asks, "Do you believe he's a pedophile?" and that's when Murray gets cagey. "I'm not prepared to answer that question, not now," Murray says.

"I would not make up or fabricate anything." When Hayes points out that she'd expected him to just say no, Murray gets even more vague: "One thing I will tell you is this. I may have formed an impression of an individual based on certain things I have seen or encountered," he says. "You asked a question, and I'm not prepared to answer it. Not now."

Has Lawrence's relationship, once on Hoult, caught fire again?



Jennifer Lawrence

It looks like the summer reconciliation between Jennifer Lawrence and on-again, off-again boyfriend Nicholas Hoult worked out, as a casually dressed Hoult was spotted in Lawrence's limo as she left her taping of the Daily Show with Jon Stewart in New York last week, according to Us Weekly. The pair originally met on the

set of X-Men: First Class in 2010 and dated for about two years before splitting up in January, but they seemed to be back together this summer while filming the next X-Men film. Despite Lawrence's hectic travel schedule promoting The Hunger Games: Catching Fire, she and Hoult "talk constantly," according to a source.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Sun safety no joke for Jackman after cancer screening



Hugh Jackman

Hugh Jackman is speaking out after a recent skin cancer scare, urging his Instagram followers to be careful. "[My wife] Deb said to get the mark on my nose checked. Boy, was she right," Jackman wrote in a caption for a photo of him with a bandaged nose. "I had a basal cell carcinoma. Please don't be foolish like me. Get yourself checked. And use sunscreen!"

Williams-Paisley smacks down Underwood rumours

PAT HEALY
Metro World News

How would you react if a reporter marched up to you and announced that your country singer husband was cheating on you with a spangly, blonde fellow crooner? Kimberly Williams-Paisley was secure enough to laugh it off.

Nashville actress

Williams-Paisley is married to country star Brad Paisley. In what reads like a plotline from the show, rumours emerged last week that Paisley was having an affair with fellow star Carrie Underwood. When an Us Weekly reporter relayed the gossip to the Nashville star, she was decidedly unimpressed — and burst out laughing.

"Are you serious?" she said. "Wow! I hope it helps our careers! That's all I can say."

The actress said she's confident in the strength of her marriage. "We spend as much time as we can [together]. We're very down-to-earth people. We come from good families, and we appreciate family."

YOU COULD WIN

A TRIP TO THE HOLIDAY INN RESORT@ARUBA
OR 1 OF 10 COPIES OF "PLANES" ON BLU-RAY™ COMBO PACK

AVAILABLE NOW

VISIT clubmetro.com TO ENTER

NO PURCHASE NECESSARY. TERMS & CONDITIONS APPLY FOR FULL CONTEST DETAILS AND CONDITIONS. VISIT CLUBMETRO.COM

Take your kids to a HOLIDAY INN RESORT® location for the best way to bond with your family and have fun. There are 34 HOLIDAY INN RESORT® locations you can choose from including destinations like Puerto Vallarta and Los Cabos in Mexico, Aruba, Hawaii, Orlando, and many others around the world. Start planning your next precious vacation at www.holidayinnresorts.com

Learning all her secrets

Interview. Victoria's Secret Angel, Lily Aldridge, dishes on how she keeps her figure and some of her beauty rituals

ROMINA
MC GUINNESS
Metro World News

Metro caught up with Lily Aldridge, Victoria's Secret Angel, hours before the Victoria's Secret Fashion Show to chat chicken wings, butts and the love of her life.

How do you make sure you look great in your underwear?

I do a lot of Ballet Beautiful (a method developed by Mary Helen Bowers, the woman who prepped Natalie Portman for the movie *Black Swan*). My body's become more toned, more flexible, and I feel stronger, healthier. I'm not good at aerobics, or any kind of boot camp, but this is amazing, and it suits my body so well. Mary Helen and I, we'll do bridge exercises for the butt, inner and outer thigh work on the mat, arm moves, some cardio — it's a full body workout. I work out five to six days a week, for an hour and a half each time, but make sure I take one or two days off when I do nothing but relax. You need to rest.

Do you work out as much once the show is over?

No. I'll probably do one hour, three to four times a week. I have to stay in shape for Victoria's Secret all year long, but it's definitely not as intense.

But do you enjoy it — all the



The Victoria's Secret show, featuring Lily Aldridge, airs Dec. 10 on CBS. GETTY IMAGES

working out?

I love it. I've always been an athlete. It isn't even necessarily about what your body looks like, but being happy, and healthy. Just do what is good for you. I like being toned on the runway, and feeling like I worked hard.

As an Angel, is there a particular body area you've not been told to tone, but know you have to tone?

I try and not worry about what other people say. Everyone has their flaws ... but leading up to the show, I'll do like, a billion butt lifts.

Are you happy with the results — how are you feeling butt-wise?

Yeah, I feel good.

What about your diet? Do you eat better, or less?

When you work out a lot, you can indulge, so my diet doesn't change too much. It's

not really about weight loss but about being healthy. I try and not eat a ton of salty things, so that I don't hold water. I eat clean, simple, organic foods: lots of protein, lots of vegetables, and lots of avocado and salmon, as they make my skin look great. And I'm obsessed with roasting chicken right now. I've been making roast chicken and baked sweet potato every night — it's really yummy and comforting.

You must be sick of it, surely.

No! I eat chicken all year. I love chicken legs, and chicken wings ... that's kind of like, almost a whole chicken.

What 'you can't touch this' food do you want to eat once the show is over?

I think everyone will probably eat a lot of junk food. I'll probably go to Joe's Pizza

tonight and order a cheese pizza. I can't wait — all dressed up in my after-party dress.

Good move: I'm not sure they'd let you in if you were wearing nothing but lingerie.

You never know ...

What about your pre-show beauty rituals?

I'm pretty low maintenance. I love wearing an oil before I go to bed. It makes your skin very supple and pretty. I use the RMS beauty oil.

How has having a baby — one-year-old daughter Dixie, with Kings of Leon front man Caleb Followill — changed your relationship with your body?

I've always been healthy. But everything is about my daughter now. She's the love of my life, my number one priority.

Lily's
beauty
staples



NARS

Bronzing Powder in
Laguna



RMS

Living luminizer

Tarte
Cosmetics

Gifted
Amazonian
Clay Mas-
cara



3
T
I
E
E



Did you know **72%** of
pain sufferers regularly
have trouble sleeping?

© Johnson & Johnson 2013



For sleep tips & more visit
sleep-centre.ca



If you're going to wake up during the night, make sure it's for a good reason.



1 in 2 men over 50 suffers from the symptoms of Benign Prostatic Hyperplasia (BPH or enlarged prostate).

- Needing to go frequently, especially at night
- Incomplete voiding
- Erectile dysfunction.

It can diminish your quality of life and that of your partner.

There is one natural remedy clinically proven and approved by Health Canada to treat these symptoms safely and effectively:

Prostate 1 Sabalasan

Made from organic saw palmetto, it can improve both your symptoms of BPH and your quality of life.

Designed by nature. Proven by science.

Find out more at www.avogel.ca



[facebook.com/AVogelCA](https://www.facebook.com/AVogelCA)



twitter.com/AVogel_CA

A.Vogel

Pioneer in Natural Health
since 1923

A. Vogel

Fitness clothing

Workout clothes for women, once relegated to the back of the closet, are moving to the front of the fashion scene.

- **Trends.** Yoga pants are the new jeans, neon sports bras have become the "it" accessory and long athletic socks are hipper than high heels. Blame it on the push by many Americans toward a more active lifestyle. Or call it an extension of the nation's fascination with fashion. Either way, these days jog-

ging suits are just as likely to be seen on a runway in New York as a treadmill in Texas. In fact, sales of workout gear are growing faster than sales of everyday clothing — by a lot. Spending on workout clothes jumped seven per cent to \$31.6 billion during the 12-month period that ended in August from the same period a year ago. That compares with a one per cent rise in spending for other clothing to about \$169.2 billion.

You look great in your compression gear, but does it actually help you as a runner? ISTOCK PHOTOS

Compressing the facts on your gear

Fitness clothes. The jury is still out on whether compression gear actually helps but that doesn't stop it from flying off shelves

ANISA ARSENAULT
Metro World News

It's race day. You stretch on your most intimidating compression gear, knowing that the extra slimming material and arbitrary flashy stripes (which you assume are doing the "compressing") separate you from your lowly competitors. You know, the people who are only wearing regular spandex. But scientifically speaking, can you be sure compression gear is effective?

Kai Karlstrom, a triathlete and Tier Four Trainer at Equi-

nox in New York City, says no. But that doesn't stop him from wearing it.

"Everything about compression gear is anecdotal," Karlstrom says. "All of the research that I have seen doesn't prove that it actually has any effect; the blood, or physical markers of recovery, don't show anything different. But muscle soreness and perceived recovery is a benefit that almost everyone feels."

In other words, researchers say nothing proves that compression gear works, but everybody indicates that they feel better.

"The research doesn't prove anything, but that being said, I use mine," Karlstrom says of his apparel.

While he says that research is inconclusive, there is heavy scientific rationale behind the functionality of compression gear. The pres-

sure is supposed to improve blood circulation, delivering more oxygen to contracting muscles while allowing waste products to be pulled out.

"Gear with a specific amount of compression — anywhere from 15 to 35 millimeters of mercury (mmHG) of compression — functions on a few principles," Karlstrom explains. "The main one is muscle pump, and/or venous return. When we stand for a while, blood can sometimes pool at the bottom of our legs, because blood has to fight gravity back up to our heart. When we wear compression gear, it helps constrict the blood vessels, or the veins, to aid in recovery of the muscles. When the blood flows better, waste products are pulled out in a better manner."

According to Karlstrom, this compression process is most effective in the leg area, making compression tights better than compression arm sleeves.

"I know they make compression gear for your arms and things like that, but I find the legs are where you get the most bang for your buck," he says.

As compression gear becomes trendier in the fitness world, athletes erroneously rely on it as a simple solution to pain.

"It shouldn't be a remedy for pain, and I think too many people are trying to use it as such," Karlstrom says. "People don't really know what's going on in their bodies, so they find a simple solution."

Half off

Half Off: A winning attitude

Two months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it on her blog, Half Off.

If you've tried to lose weight you know that there's always a little voice asking: will I pack those pounds back on?

"It happened to me in my 20s," says Dacey, who went from 225 to 160 pounds but gained the weight back and then some. Over the last few weeks, she's been grappling with that fear of failure.

"It's more difficult for me this time around because I've already failed once."

But those days are few and far between, and Dacey also knows she has made real progress — she has lost over 35 pounds and kept every one of them off. She also sees key changes in herself that signal a lifelong change.

Here are four critical changes that have positioned her to succeed.

1. When she's frustrated, instead of going to the cupboard, Dacey heads to the basement workout room, puts on her running shoes and goes through her workout routine.

2. When her family decides to go out for a meal, Dacey does her research so she can make some healthy choices ahead of time.

3. Dacey keeps a food journal (on her phone) and enters everything she eats, even when she goes over her daily limit. "I'm much more conscious of what I'm putting in my mouth."

4. When she feels down, she writes about it. "My blog is my therapy."

For 10 Winning Attitudes of Healthy Women, check out the Half Off blog at metronews.ca/voices/half-off/

YLYA VAN BUUREN/FOR METRO



Mind the App

Headspace (On-The-Go)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/iPad/Android
Free/\$14.95 subscription

This down-to-Earth introduction to meditation uses whimsical animations and an insightful vocal guide to teach bite-sized techniques in stress relief. Advanced lessons are pricey, but the 10-minute meditations are free.



Sperm-donor kids go in search of family

Television. New MTV series tracks a college student's efforts to find her half siblings and her biological father

Breeanna Speicher's curiosity about her background led her to a family she never knew she had and inspired a new MTV series that stretches the very concept of family.

The 18-year-old college student from Reno, Nev., is the daughter of two women who conceived her with a sperm donation. She's the central figure in Generation Cryo, which follows her effort to discover half siblings through a registry and, ultimately, track down the donor who gave her life.

The first recorded artificial insemination came in the 1800s to a woman who didn't know she was getting it, said Wendy Kramer, founder and

director of the Donor Sibling Registry. Doctors performed the procedure in the middle of the last century, but it was mostly kept quiet before the practice became much more widespread with the opening of sperm banks in the 1980s, she said.

That means enough "donor babies" are coming of age now to prompt public interest in their experiences, evident in both Generation Cryo and the new Vince Vaughn movie Delivery Man, about a donor who discovers he's responsible for more than 500 kids.

Kramer said she tried for eight years to get a television network interested in a story drawn from her registry of people trying to connect with other donor families before MTV showed interest.

"We know that our audience is interested in stories relating to family, and this is definitely a unique and fresh take that really makes you think about what a family is," said Marshall Eisen,

A donor baby's journey

"You think you know what to expect. You think you can handle it. But until you get to that point, there's no way to prepare."

Breeanna Speicher, a college student featured in MTV's Generation Cryo

series executive producer.

Speicher's nose ring and adeptness with video selfies make her a natural MTV personality and easily relatable for the audience. Eisen's original interest was in half siblings finding each other, but Speicher's desire to find her donor adds a richness and level of complexity to the story.

In the first episode, she travels to suburban Atlanta to meet Jonah and Hilit Jacobson, twin 18-year-olds who had the same sperm donor.

THE ASSOCIATED PRESS



In MTV's Generation Cryo, Breeanna Speicher goes looking for the sperm donor who was her biological father. CONTRIBUTED

Advertisement

Germany's Most Popular Diet Program

Gives you noticeable results in just 14 Days

Want to look and feel great? The unique Almased formula is clinically tested to support proper nutrition and help in weight management when used in conjunction with a healthy habit of diet and exercise. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased® blends only fermented, non-GMO soy, yogurt and

honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and healthy skin and to help in the function of the thyroid gland. Over 10 years of scientific research shows that Almased® nourishes the body and is a factor in the maintenance of good health.

4 Ways Almased® works in the body

1. Helps the body to metabolize carbohydrates and fat.
2. Helps in weight management when used in conjunction with a healthy habit of diet and exercise.
3. Helps in the function of the thyroid gland.
4. Is an antioxidant for the maintenance of good health.



GLUTEN FREE, NON-GMO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MOT.

Available at these fine retailers and health food stores near you:

SHOPPERS DRUG MART



Guardian WHITE CROSS DISPENSARY

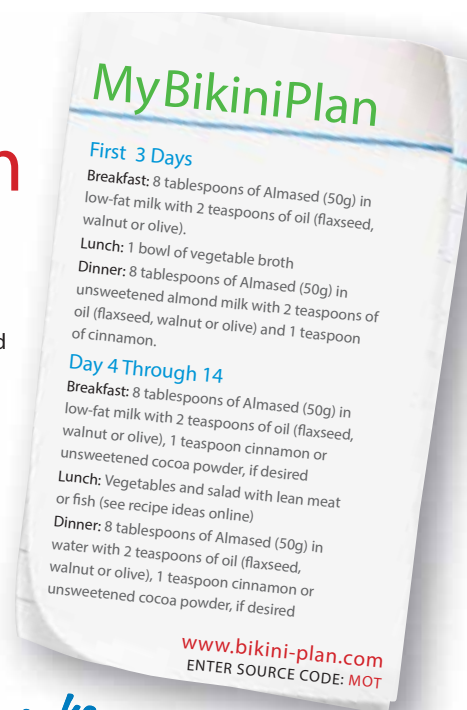


Fitshop.ca Fitness For Everyone.

WWW.HEALTHSTORELOCATOR.COM



For retailer inquiries, please call True North Nutrition directly at toll free 1-888-446-8783.



MyBikiniPlan

First 3 Days

Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).

Lunch: 1 bowl of vegetable broth

Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.

Day 4 Through 14

Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired

Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)

Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired

www.bikini-plan.com
ENTER SOURCE CODE: MOT

Best Health

Options for natural cold remedies



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

The average person contracts more than 150 colds during their lifetime, and Canadians spend more than \$300 million each year on remedies for cold and flu symptoms. In the November/December issue of Best Health, alternative-health expert Bryce Wylde writes about the natural options for relieving those symptoms. Here are some of the article's highlights.

Probiotics

Many people think of these as helpful only to the digestive system, but probiotics also boost immune function, so they can help prevent colds. When buying, choose brands with 50 billion to 450 billion intestinal

flora per dose.

Echinacea

This has been both panned and endorsed for its efficacy in preventing colds and relieving symptoms. So are you wasting your money if you buy echinacea? It depends on the formula you choose. The root and flower of the plant each contain different immune-boosting chemicals, so you should get a formula that includes both plant parts. A. Vogel's Echinaforce is one brand that contains these.

Nasal strips

Sleep is one of the most important things to get more of when you are

fighting a cold, but that can be tough when you're kept awake because of nasal congestion. Try nasal strips such as Breathe Right, which open the nasal passages naturally.

Cough suppressants

There are many natural options available at both pharmacies and health-food stores.

Examples

Boiron Coryzalia Cold contains plant materials such as allium cepa, sabadilla and pulsatilla, and helps with symptoms such as runny nose and sneezing. There's also Nature's Way Sambucus Flu Care bio-certified black elderberry syrup, which is very effective.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Natural remedies such as echinacea pills have received mixed reviews on their effects and benefits. ISTOCK PHOTOS

Give your pets a gift of safety this season

Household hazards.

There are three simple ways to pet-proof your home during the holiday season and keep them healthy

The emergency veterinarians at the Center for Animal Referral & Emergency Services (CARES) in New York have seen it all during the holiday season, from cats with tongue lacerations, to dogs who eat holiday bows with metal wires. This time of year can provide a lot of excitement for humans, but can be quite troublesome for pets. Here are their three ways to keep your pets safe through 2013.

Keep all chocolate and raisins out of reach

Many households have extra chocolate on hand right now and it just keeps on coming through the holiday season. Chocolate toxicity in dogs has symptoms of excitement, tremors, seizures, abnormal heart rhythms, vomiting, diarrhea and more. Sometimes their heart rate skyrockets.

Fatty foods can pose a health risk

Most emergencies this time of year come from the food that pets eat. When you sit down to that big turkey or ham dinner this season, consider what you are giving your pet. Turkey scraps and other holiday meals can be very fatty or greasy, which can lead to pancreatitis. Bones from the family meal are also not a



Keep pets in mind when rolling out the holiday decorations. ISTOCK PHOTOS

Beware

Most emergencies this time of year come from the food that pets eat. When you sit down to that big turkey or ham dinner this season, consider what you are giving your pet.

good idea. These bones can not only irritate the stomach, but they can get stuck in the mouth or throat, causing a pet to salivate excessively and drool.

Watch out for the holiday decor and presents

Cat owners should consider an alternative to buying tinsel for the holiday tree. Cats are attracted to the shiny strands of tinsel and they could easily

swallow it. Tinsel can cause serious intestinal problems that often require costly surgery and can be fatal. If you are a cat owner and want to brighten your home with flowers, avoid True Lilies (Lilium). These flowers, when ingested, cause kidney failure in cats. Keep this in mind also if you are bringing a fresh bouquet to a friend or family member's home.

A sweet-smelling home is always a nice way to welcome visitors during the holidays, but potpourri should be kept out of reach of pets. Potpourri can cause gastrointestinal problems, including vomiting and diarrhea, if eaten. Finally, as you unwrap your holiday gifts, be sure to watch out for ribbons, bows and small toys, all of which can be ingested by your pet. Keep an empty trash bag nearby so you can dispose of wrapping and ribbons immediately. **METRO**

Give your Legs a Facelift!

VARICOSE VEINS

Painful veins on your legs?

Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS

Spider veins on your legs or face?

Get rid of them with simple injections.

Dr. Lucie Beaupré

Diplomate of the American Board of Venous and Lymphatic Medicine



OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com

DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE

 **CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**

613-230-7475

2nd Level
Rideau Centre



**STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS**

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

This week:

Wisdom Teeth... To Keep Them Or Not?



Stir-fry goes leaner with turkey



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on Twitter
@rosereisman

Turkey breast is an even leaner protein than chicken

Ingredients

Sauce

- 1 cup low-sodium chicken stock
- 2 tbsp low-sodium soy sauce
- 3 tbsp hoisin sauce
- 4 tsp cornstarch
- 1 tsp brown sugar
- 1 tsp sesame oil
- 1 1/2 tsp crushed fresh garlic
- 1 tsp minced fresh ginger

Stir-fry

- 8 oz boneless, skinless turkey breast, cut into 1-inch cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups halved snow peas
- 1/2 cup sliced water chestnuts
- 1/4 cup coarsely chopped cashews for garnish
- 1 large green onion, chopped for garnish



This recipe serves four. ROSE REISMAN

breast. You can find boneless breasts in your supermarket. I like to dust the turkey cubes for this Turkey With Hoisin Sauce Stir-fry with flour in order to maintain the moisture.

1. To make the sauce: Place the stock, soy sauce, hoisin sauce, cornstarch, brown sugar, sesame oil, garlic and ginger in a small bowl and whisk to combine. Set aside.

2. To make the stir-fry: Dust the turkey with the flour. Spray a nonstick wok or frying pan with cooking oil and place over medium heat. Brown the turkey on all sides for 3 minutes or until browned but not cooked through. Remove from pan.

3. Respray the pan and heat the oil over medium heat. Add the red pepper and snow

peas; stir-fry for 2 minutes or until the vegetables are tender-crisp. Stir the sauce and add it to the pan along with the turkey and water chestnuts. Cook for 2 minutes, until the turkey is cooked through and the sauce has thickened.

4. Serve immediately, garnished with cashews and green onion.

Ingredients

- 30 ml (2 tbsp) olive oil
- 1 boneless, skinless uncooked turkey breast, chopped
- 1 large onion, finely chopped
- 4 garlic cloves, chopped
- 15 ml (1 tbsp) ground coriander
- 15 ml (1 tbsp) grated ginger
- 1.25 l (5 cups) boiling water
- 1 stalk lemongrass, white part only, bruised using back of knife
- Juice of 2 limes
- 2 celery stalks, finely chopped
- 2 carrots, thinly sliced
- 1 parsnip, thinly sliced
- 30 ml (2 tbsp) tamari
- 5 ml (1 tsp) toasted sesame oil
- 1/2 bird's-eye chili, finely chopped
- 45 ml (3 tbsp) chopped cilantro
- Sea salt and ground pepper

1. In saucepan, heat oil over medium-high heat. Add turkey pieces with onion and garlic and sauté 5 minutes or until browned. Add coriander and ginger. Sauté 2 minutes.

2. Stir in remaining ingredients. Reduce heat and simmer for 15 minutes or until turkey and vegetables are cooked. Taste and adjust seasoning. Remove lemongrass before serving. **THE CANADIAN PRESS/ SOUPESOU BY CAROLINE DUMAS (PUBLISHED IN ENGLISH BY HARPERCOLLINS PUBLISHERS LTD., BY ARRANGEMENT WITH FLAMMARION QUEBEC, 2012).**

Lunch. Thai Turkey Soup



This recipe can be made with an uncooked turkey breast or give new life to turkey leftovers.

If you are using leftovers, you'll need about 500 ml (2 cups) of cooked turkey. In that case, sauté the onion and garlic on their own,

add coriander and ginger as instructed, then add cooked turkey with the remaining ingredients.

If there is leftover gelatin from the cooked turkey, substitute up to 250 ml (1 cup) of it for an equal amount of the water.

Health Solutions

Gooble, gobble, French style



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is a region in France, south of Paris that is bucolic and rural and is the source of the next greatest gift of poultry.

"This breed is technically called Black Turkey since its feathers are black," says Sam Gundy of Olliffe Butchers in Toronto, "but it will be marketed for the first time this holiday season under the name Aritsan Gold."

The turkey looks nothing like the big frozen bird you will find at the grocery store. Its breast is smaller and flatter than the spookily large one most recognized and its

legs are bigger and darker. Almost as if it could actually walk which, in fact, this bird does. It is slowly and naturally grown and antibiotic free.

Artisan Gold roasts just like a regular bird only it doesn't require any "butter" injection, brining or basting. Its flesh is slightly more yellow and much meatier tasting. If you are counting on pan juices for gravy, you will have to add them because all the juices stay in and keep the meat moist. No oil slick on top of salty brine here.

Simply take the neck and gizzards and simmer on the stovetop covered with water to make a healthier, leaner, tastier gravy.

Vive la France. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.**

SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Free Belgian Truffle*



*With the purchase of any medium or large hot specialty beverage

*At participating cafés only. While quantities last. ©2013 Threecaf Brands Canada, Inc.

Start-up advice from a couch-surfing millionaire

Entrepreneurship.

Brian Chesky, CEO of home-sharing website Airbnb, says it's a great time to go it alone

ELISABETH
BRAW

Metro World News

Heard the story about the guy who earned a fortune on his spare bed? Well, it's true. New Yorker-turned-San Franciscan Brian Chesky and his two co-founders came up with the idea of Airbnb as a way of making a few bucks. Five years later, Airbnb is the go-to place for every young (and not-so-young) traveller, with offices in 11 countries and 10 million nights booked in homes like yours. Chesky, now 31, explains how to succeed with your own idea.

Everyone wants to become a hugely successful entrepreneur, but 99 per cent of business ideas don't end like Airbnb. How did you know that you had a winner?

We didn't know that Airbnb would be a winner. It started because one weekend my roommate and I discovered that we had no money for rent. But there was a big conference coming up in San Francisco and all the hotels were sold out. My roommate and I thought, "Why don't we organize a bed and breakfast for the conference?" We pulled air beds out of a closet and rented out space in our apartment. We called it the Air Bed & Breakfast.

So your company didn't seem like a winner in the beginning ...

We thought it was a clever idea, but we didn't know that it would be successful. Then we asked some other people to try it and they loved it. That made us realize that if other people experienced what we experienced, they'd really like the experience, too.

So the challenge was to get people to try it, so we tried to get people around the world to do it. We thought just a few people would do it, that hosting people in your house is not

for everyone. But at a certain point we started noticing that lots of people were doing it and loved it, not just people like us — people of all ages and backgrounds.

What's the make-or-break point for a start-up?

When word of mouth starts taking off and your business starts growing without anything that you're doing. That's when you know that it's going to be pretty big. If people are incredibly excited about it, they'll tell lots of people. Then you realize that it's a huge market: tons of people who love your product tell everyone they know about it. You can feel it.

What's your main motivation? Finding people a place to stay for free? Couch surfing enthusiasm? Making money?

A new economy is being built around the world, and it's based on the idea of sharing. It's not inevitable, but if it happens, it will be a fundamentally better world, and it will provide an alternative to billions of people, people who are connected with each other.

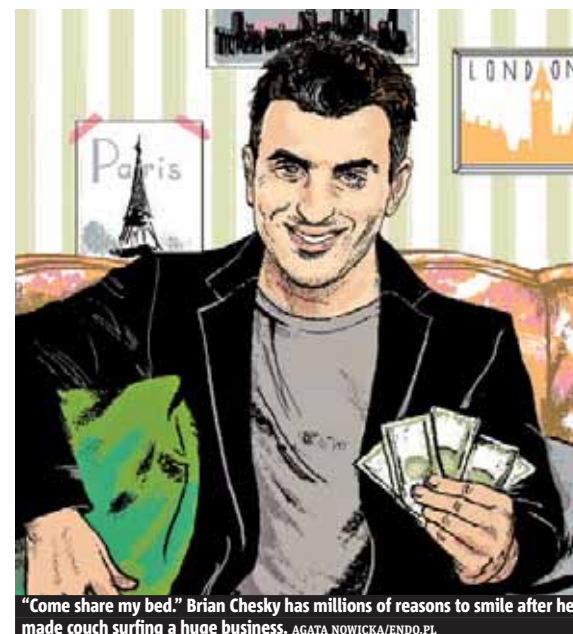
We want to help create that kind of world. I also want to provide incredibly meaningful experiences to millions of people all over the world. And I want to help create a new company culture that will impact how the 21st century works.

Youth unemployment is at a record high in many countries. What's your advice to a young, well-educated person who can't find a job?

The challenges of high youth unemployment may very well create lots of new opportunities that will, in the long term, be really good for an entire generation.

Are you saying that recession is a good opportunity for young people to try out something totally new, like entrepreneurship?

Entrepreneurship success can happen for many kinds of people. Not everyone has to have a company the size of ours, but I think anyone can be autonomous. I think the reason many young people are unemployed is that they don't fit into the current market



system, but it doesn't mean that you can't create your own market. For example, we're having many micro-entrepreneurs join Airbnb. They don't start their own

companies, but they're providing services as hosts and build businesses around that. I think now is one of the best times in the world to strike out on your own.



RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Advice you can bank on™



*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Sports in pictures



1 NBA. Injured Bryant given mega-extension

The Lakers signed Kobe Bryant to a two-year contract extension Monday, securing the aging superstar with what ESPN reports is a deal worth \$48.5 million.

THE ASSOCIATED PRESS

2 NFL. Rodgers' return on hold

Packers coach Mike McCarthy said Monday the chances of quarterback Aaron Rodgers playing Thursday at Detroit are "slim to none."

THE ASSOCIATED PRESS

3 NHL. Malkin named 1st star of the week

Pittsburgh Penguins star Evgeni Malkin was named the NHL's first star of the week Monday after leading all skaters with seven assists and eight points in four games.

THE CANADIAN PRESS

Concussions. Ex-players sue NHL for lack of protection

Ten former NHLers, including all-star forward Gary Leeman, are claiming in a class-action lawsuit that the league hasn't done enough to protect players from concussions.

The lawsuit seeks damages and court-approved, NHL-sponsored medical monitoring for the players' brain trauma and/or injuries, which they blame on their NHL careers. It was filed in U.S. federal court in Washington on behalf of play-

Plaintiffs

In addition to Leeman, the other ex-players on the lawsuit are Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart, Morris Titanic and Rick Vaive.

ers who retired on or before February 14 of this year and

have suffered such injuries.

The suit comes just three months after the NFL agreed to pay \$765 million to settle lawsuits from thousands of former players who developed dementia or other concussion-related health problems — and in an era when more attention is being paid to the damages of head injuries sustained in sports.

Bill Daly, the league's deputy commissioner, issued a

statement Monday.

"While the subject matter is very serious, we are completely satisfied with the responsible manner in which the league and the players' association have managed player safety over time, including with respect to head injuries and concussions," the statement said. "We intend to defend the case vigorously and have no further comment at this time." THE ASSOCIATED PRESS

Stamkos healing as quick as Lightning

NHL. Sniper walking without crutches two weeks after surgery to broken leg; no timetable for return

Tampa Bay Lightning star Steven Stamkos is walking without crutches or a boot two weeks after breaking his right leg and said Monday he fully expects to play again this season.

The high-scoring centre was injured Nov. 11 against Boston. He was taken off the ice on a stretcher after crashing into the goalpost. He had surgery the next day in Boston to stabilize a fractured shin bone and is now walking with a limp.

"To be able to do what I'm doing now and almost come back to a normal life, being able to just move around on your own, I'm definitely happy with that," said Stamkos, speak-

ing with reporters for the first time since the injury. "I'd say I've overcome the initial shock and frustration and disappointment, and now it's what do I have to do to get back as quick as possible. But obviously as smart as possible."

Stamkos has no timetable for a return, but didn't rule out the Sochi Olympics in February.

"That's something I've thought about," he said. "It's still on the back burner right now, but my focus is getting to a place where I can get healthy and getting back on the ice. Obviously, you want to get back and play for Tampa. If everything works out, which I'm hoping that it does, and get a chance to come back and play a couple games with Tampa and maybe get the opportunity to play in the Olympics, that would be great. That is a goal for me."

Stamkos, 23, has 222 goals and 409 points in 390 NHL games. THE ASSOCIATED PRESS



Steven Stamkos walks to a press conference at the Times Forum on Monday in Tampa, Fla. DIRK SHADD/THE TAMPA BAY TIMES/THE ASSOCIATED PRESS

NBA. Rose done for season due to latest knee injury

Chicago Bulls star Derrick Rose is out for the remainder of the season.

The team said that Rose had successful surgery Monday morning in Chicago to repair a torn medial meniscus in his right knee. He was hurt Friday night at Portland.

The 2011 NBA MVP missed all of last season after tearing the anterior cruciate ligament in his left knee in Chicago's 2012 playoff opener against Philadelphia. He has played in just 50 NBA games — 49 in the regular season and that

Bulls back to Plan B

"We have to circle the wagons, and then get out there and get the job done."

Bulls head coach Tom Thibodeau on playing the majority of another season without 2011 NBA MVP Derrick Rose

lone playoff game — since the Bulls' run to the Eastern Conference finals during his MVP season.

THE ASSOCIATED PRESS

NHL. Maple Leafs' value only growing, Forbes says

If most valuable team were a factor in Stanley Cup success, the Toronto Maple Leafs would win every year — by a mile.

The team, which made the playoffs last year after a nine-year drought, once again topped Forbes' annual valuations of the league's 30 teams.

The Leafs are valued at \$1.15 billion, a 15-per-cent increase over last year's total, when they became the first hockey team to break the billion-dollar mark.

Joining the Maple Leafs in

Senators price tag

\$380M

The Ottawa Senators came in at No. 15, worth an estimated \$380 million according to Forbes.

the top five are the New York Rangers (\$850 million), the Montreal Canadiens (\$775 million), the Vancouver Canucks (\$700 million) and the Chicago Blackhawks (\$625 million).

TORSTAR NEWS SERVICE

Apple doesn't fall far from the skis



Kerrin Lee-Gartner, left, and her daughter Stephanie load skis at their family home in Calgary in August.
JEFF MCINTOSH/THE CANADIAN PRESS

All in the family.
Erik Read, Stephanie Gartner following in their legendary parents' ski tracks with recent successes

The offspring of Canadian ski legends Ken Read and Kerrin Lee-Gartner have arrived in the sport.

Erik Read, 22, won the Canadian men's slalom title this year and is a member of the World Cup team. Stephanie Gartner, 17, was named to the Canadian women's development team this season.

Kerrin Lee-Gartner won the women's downhill at the

1992 Olympic Games in Albertville, France. As a member of the "Crazy Canucks," Ken Read was the first Canadian man to win a World Cup downhill race and was also the first non-European to win on the notorious Hahnenkamm and Lauberhorn courses in Austria and Switzerland respectively.

Erik and Stephanie say the advantages of having a parent who has been where they want to go in their sport outweighs the burden of expectations.

"Any situation, he'll give a little advice and it comes from experience so I know it's valuable," Erik says. "It's worth paying attention to."

The fact that Lee-Gartner and Read were both downhill-

ers, while Erik and Stephanie race slalom and giant slalom, helps buffer comparisons somewhat. Erik, however, keeps a toe in downhill.

The super combined — determined by the combined times of a slalom and a downhill — is a medal event at both the Winter Olympics and world championships.

Erik wants that as an option in his future, but he's concentrating on slalom and giant slalom for now. He will not race with Canada's downhill at the season-opening World Cup in Lake Louise, Alta., this week.

Stephanie and Erik grew up with their parents' legacies — skiing is a way of life for both families. Lee-Gartner's husband, Max, is a former Canadian team coach and was head of Alpine Canada until he stepped down earlier this year.

Read's wife, Lynda, is also a former national team skier. Erik is the oldest of three sons who all race. Read is also a former head of Alpine Canada.

THE CANADIAN PRESS

Insider's perspective

"To me, the hard part is I know the danger of the sport. I know the danger of the heartbreak when it doesn't work out and the negative aspect of putting it all on the line and being disappointed in the end."

Ski legend Kerrin Lee-Gartner, explaining why it can be difficult for her to watch her daughter Stephanie race

NFL

Agent shoots down Bon Jovi, Bills rumours

While Jon Bon Jovi is interested in becoming an NFL owner one day, he's not currently pursuing the Buffalo Bills, the New Jersey rocker's publicist told The Associated Press on Monday.

"The Bills are not for sale, and he has too much respect for Mr. Wilson to engage in any discussions of buying the team," Ken Sunshine said, referring to Ralph Wilson, the team's Hall of Fame owner.

Saying Bon Jovi has "a day job that's doing very well," Sunshine added: "It's preposterous to say he's had any discussions with the Bills and Erie County."

Sunshine spoke by phone a day after CBSSports.com posted a story citing unidentified sources that Bon Jovi is among the parties positioning themselves to purchase the Bills after Wilson's death. Wilson, who turned 95 last month, has maintained he has no interest in selling the franchise during his lifetime. **THE ASSOCIATED PRESS**

NFL. Manning again demonstrates lack of hot hand in cold weather

Red-faced and bundled on the sideline in a parka and stocking cap, Peyton Manning looked nothing the part of the cold-weather quarterback.

From a numbers perspective, he isn't.

His 19-for-36, 150-yard performance in a -14 C wind chill at New England showed it, as does his unflattering record. After Denver's 34-31 overtime loss Sunday, Manning is now 8-11 when the temperature is 4 C or below.

"It's always a possibility these last months of the season, and then you're potentially in the postseason," Manning said of the idea that this might not be the last time he and the Broncos are faced with frigid temperatures. "So, I think the more you can be in it, the better off you can be."

If practice makes perfect, Manning certainly hasn't had much of it. He played most of his career in a temperature-controlled dome. He has played only 19 of 255 career games in the cold, including three with the Broncos, during which he's used his new, cold-weather glove.

That small sample size still produces a season's worth of



Peyton Manning warms up prior to a game on Sunday. GETTY IMAGES

numbers. Manning's passer rating in the cold games is 83.1. His passer rating in all the other games is 97.0. His .421 winning percentage in cold-weather games is .273 lower than in the others.

Still, Broncos interim coach Jack Del Rio, who defended Manning as a cold-weather quarterback last week, said there was no concerted effort to limit his 37-year-old quarterback's attempts in a game that started at -5 C with a 35 km/h wind. "Our approach was, do the things we thought we could to move the football to best utilize our guys against what they were trying to do," Del Rio said.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION							
	GP	W	L	OL	GF	GA	Pt
Boston	23	15	6	2	64	43	32
Toronto	23	14	8	1	66	54	29
Tampa Bay	23	14	8	1	67	61	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	24	6	13	5	53	80	17
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION							
	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	15	9	0	69	54	30
Washington	24	12	10	2	72	68	26
NY Rangers	23	12	11	0	48	54	24
New Jersey	23	9	9	5	49	55	23
Carolina	24	9	10	5	49	67	23
Philadelphia	22	10	10	2	49	53	22
Columbus	23	8	12	3	56	71	19
NY Islanders	24	8	13	3	68	82	19

Monday's results

Winnipeg at New Jersey
Pittsburgh at Boston
Columbus at Toronto

Philadelphia at Florida
NY Rangers at Tampa Bay

Phoenix at Nashville
Minnesota at St. Louis

Chicago at Edmonton
Los Angeles at Vancouver

Sunday's results

Carolina 4 Ottawa 1

Detroit 3 Buffalo 1

Tuesday's games — All Times Eastern

Anaheim at Dallas, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	54	34
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24
Winnipeg	25	10	11	4	66	75	24

PACIFIC DIVISION							
	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

Wednesday's games

Nashville at Columbus, 7 p.m.

Toronto at Pittsburgh, 7:30 p.m.

Ottawa at Washington, 7 p.m.

Montreal at Buffalo, 7 p.m.

Carolina at New Jersey, 7 p.m.

NY Rangers at Florida, 7:30 p.m.

Philadelphia at Tampa Bay, 7:30 p.m.

Toronto at Pittsburgh, 7:30 p.m.

Boston at Detroit, 7:30 p.m.

Phoenix at Minnesota, 8 p.m.

St. Louis at Colorado, 9 p.m.

Chicago at Calgary, 10 p.m.

Los Angeles at San Jose, 10:30 p.m.

Thursday's games

Vancouver at Ottawa, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

NFL

WEEK 12

Sunday's results

Carolina 20 Miami 16

Baltimore 19 N.Y. Jets 3

Tampa Bay 24 Detroit 21

St. Louis 42 Chicago 21

Pittsburgh 27 Cleveland 11

Jacksonville 13 Houston 6

San Diego 41 Kansas City 38

Green Bay 26 Minnesota 26

Arizona 40 Indianapolis 11

Tennessee 23 Oakland 19

Dallas 24 N.Y. Giants 21

New England 34 Denver 31

Monday's game — All Times Eastern

San Francisco at Washington, 8:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4½
Toronto	6	7	.462	6
Chicago	6	6	.500	5½
Charlotte	7	7	.500	5½
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8½
New York	3	9	.250	8½
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	½
Oklahoma City	9	3	.750	2½
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3½
Dallas	9	5	.643	3½
Golden State	8	6	.571	4½
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5½
New Orleans	6	6	.500	5½
L.A. Lakers	7	7	.500	5½
Sacramento	4	9	.308	8
Utah	1	14	.067	12

Monday's results

Minnesota at Indiana

Boston at Charlotte

Phoenix at Miami

Milwaukee at Detroit

Houston at Memphis

Denver at Dallas

New Orleans at San Antonio

Chicago at Utah

New York at Portland

L.A. Lakers at Washington, 7 p.m.

Brooklyn at Toronto, 7 p.m.

Orlando at Atlanta, 7:30 p.m.

Golden State at New Orleans, 8 p.m.

CFL PLAYOFFS

101st GREY CUP

At Regina, Sask.

Sunday's result

Saskatchewan 45 Hamilton 23

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE

Saturday's result

Sporting KC 2 Houston 1

(Sporting KC advances 2-1 on aggregate)

WESTERN CONFERENCE

Sunday's result

Real Salt Lake 1 Portland 0

(Real Salt Lake advances 5-2 on aggregate)

MLS CUP

Saturday, Dec. 7

Sporting KC vs. Real Salt Lake, 4 p.m.

Horoscopes

Aries

March 21 - April 20

It may appear as if a rival has got the upper hand but you are not beaten yet. You are at your best when your back is to the wall and things look grim. It brings out the fighter in you.

Taurus

April 21 - May 21

Whatever you do today will go extremely well but you will also have to deal with people who can't stand the idea of you being successful and constantly pick holes in your triumphs. Ignore them.

Gemini

May 22 - June 21

Your own interests must come first. No matter how sorry you feel for someone and no matter how much you want to help them out, don't jeopardize your own position. If the roles were reversed would they sacrifice for you?

Cancer

June 22 - July 23

According to the planets, you are not much in the mood for working with other people. That's good. Creative projects will go best if you cut yourself off from the world and focus on what matters to you.

Leo

July 24 - Aug. 23

If you believe that a certain course of action is necessary then go for it and don't think of what might happen if it goes wrong. Life is a gamble or it is nothing, so follow your instincts and don't give up.

Virgo

Aug. 24 - Sept. 23

Something you have been dreaming of for months is now within reach and before this day is over you will have one hand firmly on the prize.

Libra

Sept. 24 - Oct. 23

Someone appreciates what you have done and over the next 24 hours will go out of their way to show it. Take it as a reminder that good deeds never go unrewarded.

Scorpio

Oct. 24 - Nov. 22

You like a challenge, be it mental or physical, and that's good because someone will confront you with a puzzle that takes all your brain power to solve. Don't look for the obvious answer. Look for what everyone has missed.

Sagittarius

Nov. 23 - Dec. 21

Force yourself to go beyond your natural limits today. You will find you still have plenty in reserve. You may be easygoing by nature but there is also a tenacity about you. You refuse to be defeated.

Capricorn

Dec. 22 - Jan. 20

It's good to learn from your own mistakes but it's better to learn from other people's. Watch them do something the wrong way then do it the right way. That's easy enough.

Aquarius

Jan. 21 - Feb. 19

You are under no illusions about what needs to be done to improve your career but can you translate that into action? Many people's great ideas never come to much. You must not be one of them.

Pisces

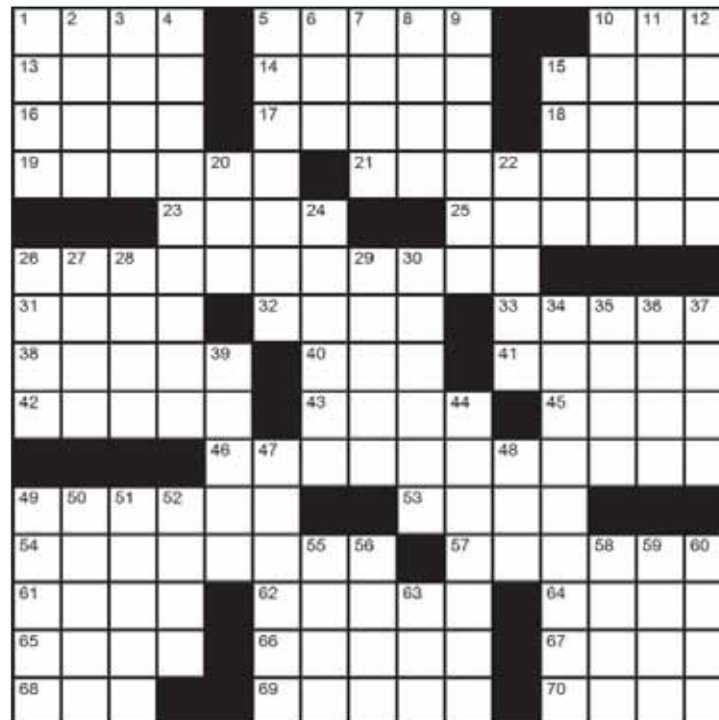
Feb. 20 - March 20

You can try to change another person's opinions about something but it's unlikely you will succeed. Even if facts are on your side, they'll refuse to see it your way. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Toronto Mayor Rob Ford's brother
- Stack creator
- The Queen (b.1900 - d.2002)
- Montreal suburb, Baie-D'
- Pointed arch
- Optimism
- Deity worshipped in ancient Thebes [var. sp.]
- "... really." (Response to "Would you like to...")
- Roughly, ... about
- Tom Cruise vampire
- Canadian novelist, Douglas
- Luan souvenirs
- Ottawa: ... Canal
- ...: Tales for an Accelerated Culture (Bestseller by #21-Across)
- Sort of lily
- Political party event [abbr.]
- Toaster waffles
- Cycled
- Lyric poem
- "Hasta ...!" (Bye, in Spain)
- Panorama
- Early helicopter
- ...-do-well
- The Prairies, Canada's
- Stingy
- Twil'ek dancer of Jabba the Hutt's court



- "Return of the Jedi" (1983)
- Historic area of Winnipeg, ... District
- "My sentiments exactly!": 2 wds.
- Venue
- Poi ingredients
- Skeleton part
- Gin flavouring

- Up in the air
- Pet fish's home
- Hankering
- Survives
- Young hawks

Down

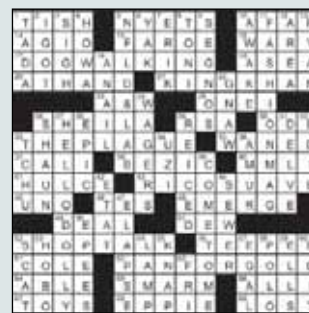
- Double
- Paul Revere & The Raiders song: "Him

- What's It Gonna Be?"
- Li'l saucers
- "Shelter Valley": Debut single by Cobourg, ON band
- Husbands
- 18th-century Chief of The Ottawa
- 54-40's " ... Blind"

- Hamilton expressway, The
- Rachael Ray's cooking stuff
- Bring back
- Singer, Janelle
- ABC's "Once ... Time"
- Labrador Sea, in French: ...

- Labrador
- Grasp
- Irish carrier, ...
- Lingus
- High-tech dot
- Larry, Curly or Moe
- Chatters
- Mr. Clapton
- Microwave, in slang
- Agra's locale
- Exaggerate
- 21- ...
- Nerd
- S-shaped moulding
- Variety
- Ms. Winger
- Some members of orchestras
- Leased car
- Completely
- Dishevelled
- Banish
- ... Bell, pen name of youngest Bronte Sister, Anne (b.1820 - d.1849)
- Clarified butter
- Grand party
- Cupid's Greek counterpart
- That which Buffy would do
- "True Blood" star Ms. Paquin
- Creatures of Tibet
- Commonly, in poetry

Yesterday's Crossword

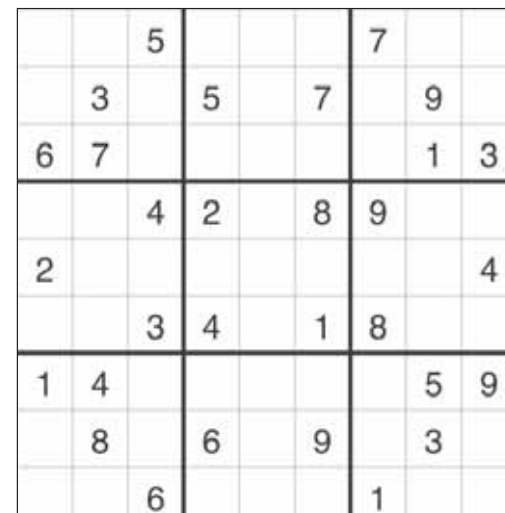


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



2°/-6°
Cloudy

Wednesday



1°/-10°
10+cm of snow
80%

Know what the weather
will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2013

visit metronews.ca

THE *Upper Room*
home furnishings
HELD OVER



SAVE the TAX

on **ALL CLEARANCE**
items from now until
Sunday.

—
SAVE
up to **70%** **OFF**
regular retail on **ALL**
items storewide.

2670 Queensview Drive | UpperRoomHome.ca